

AN INTERDISCIPLINARY APPROACH IS EFFECTIVE IN PREVENTING LOWER EXTREMITY AMPUTATION RATES IN A HIGH RISK FOOT CLINIC

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INTRODUCTION

- The interdisciplinary approach has been seen by our institution as the mainstay approach in the treatment and prevention of the at risk foot.
- Foot ulcers in the context of peripheral vascular disease with/without diabetes is associated with increased risk of digit or limb amputations.
- Foot ulcers consume considerable healthcare resources.

AIM

- To evaluate the amputation rates in a high risk interdisciplinary Foot Clinic.

METHODS

- Prospective cohort study of 811 consecutive patients seen in the Foot Clinic at Westmead Hospital between 2006 to 2008.

Information collected included

- Demographic details
- Cause and history of ulceration
- Risk factors
- History of amputation
- Infection present
- Presence of osteomyelitis
- Vascular investigations/treatment
- Pressure relief
- Hospitalisation
- All wounds were evaluated using the University of Texas (UT) Wound Classification System as per treatment protocol.

STATISTICAL ANALYSIS

- All data was entered into a Clinical Reporting System Database programmed for this study.
- Data were collated and analysed using SPSS (SPSS Inc., Chicago, IL, USA).

RESULTS

Demographic details

Male to female ratio 2: 1

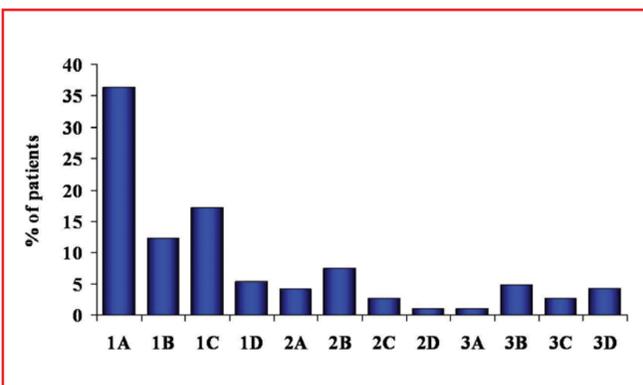
Median age in years (IQR) 69 (57-79)

Median age for males in years (IQR) 67 (56-77)

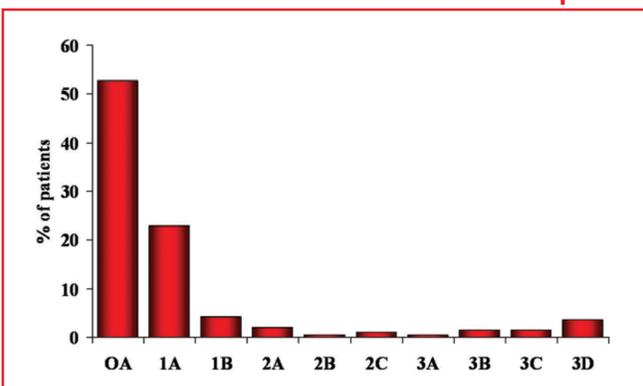
Median age for females in years (IQR) 73 (60-81)

Females were significantly older than males ($p < 0.0001$).

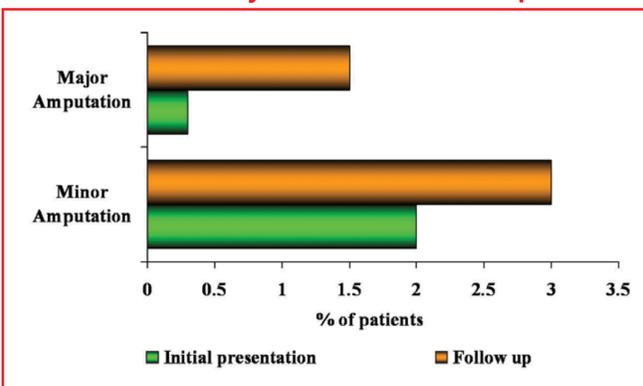
UT Wound Classification on Initial Presentation



UT Wound Classification at Follow Up



Incidence of Major and Minor Amputation



Of patients requiring an amputation:

- 64.2% had an ischaemic limb.
- 30.2% had an infected diabetic foot.

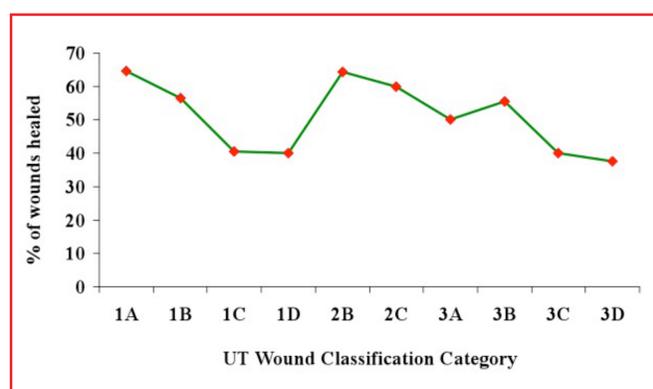
RESULTS

- Increased incidence of amputations as wounds increased in depth and stage ($p = 0.006$).

Factors Affecting Amputation Risk

- Neuropathy: (OR=2.2; 95%CI:1.2-4.2; P=0.014)
- Wounds probed to bone: (OR=2.9; 95% CI: 1.4-6.2; P=0.006)

Proportion of Wounds Healed From Initial Presentation



Typical neuropathic ulcer that probes to bone.

CONCLUSION

- Our low amputation rates suggest that the interdisciplinary approach by vascular surgery and podiatry was effective.
- Amputation risk was influenced by wound stage and depth, neuropathy and whether a patient's wound probed to bone.