Course Name: Prevention and Management of Diabetic Foot Ulcers

Date & Time: Saturday, September 13, 2014
1:45-5:30 PM

Presenter: Rose Pignataro, PT, PhD, DPT, CWS

Course Description

- Overview of the incidence and prevalence of diabetes, diabetic peripheral neuropathy, foot ulceration, loss of limb, and associated medical costs using epidemiologic data

- Review of pathology – consequences of diabetes relative to physical impairments across all areas of physical therapy practice including cardiovascular, musculoskeletal, neuromuscular, and integumentary impairments
  - Discussion of diabetic peripheral neuropathy (trineuropathy) including sensory, autonomic, and motor nerve damage
  - Common foot deformities in people with diabetic peripheral neuropathy

- Physical therapy interventions for people with diabetes - risk assessment and preventative measures
  - Circulatory assessment
  - Skin assessment
  - Sensory assessment

- Assessment of diabetic foot ulcers
  - Wound characteristics
  - Length, width, depth
  - Wound bed - presence of necrotic tissue or debris
  - Periwound skin
  - Exudate
  - Signs and symptoms of infection
• Treatment planning for physical therapy treatment of diabetic foot ulcers
  • Cleansing, irrigation and debridement
  • Choice of dressing
  • Pressure redistribution
  • Use of adjunctive modalities and other physical therapy treatment interventions
  • Importance of an interprofessional approach

• Case Study discussion, question and answer

Course Objectives

• Apply epidemiologic data to illustrate the impact of type 2 diabetes, diabetic peripheral neuropathy, neuropathic foot ulcers, and lower extremity amputation on physical impairments, loss of function, and health related quality of life.
• Describe consequences of diabetes with regards to peripheral nerve damage, i.e. – diabetic trineuropathy (sensory, autonomic, and motor nerve damage).
• Explain how diabetic trineuropathy and concomitant impairments found in diabetes contribute to foot ulcers and delayed healing.
• Relate aspects of diabetic trineuropathy to increased risk of falls, weakness, range of motion limitations, and gait and mobility impairments.
• Identify common foot deformities found in people with diabetic peripheral neuropathy.
• Discuss contributing factors for onset of diabetic peripheral neuropathy with regard to risk assessment and preventive physical therapy treatment.
• Determine appropriate methods to assess peripheral circulation in people with diabetes.
• Apply methods for skin and sensory assessment in people with diabetes, including use of the Michigan Neuropathy Screening Instrument.
• Provide effective, evidence-based patient education to reduce risk of neuropathic foot ulcers.
• Utilize the Wagner Scale and other evaluative criteria in assessment and documentation of diabetic foot ulcers.
• Propose appropriate physical therapy interventions to promote healing of diabetic foot ulcers, including choice of debridement method, dressing type, topical agents, pressure redistribution, adjunctive modalities, and other measures to ensure optimal return to function.

Speaker Bio

Rose Pignataro, PT, PhD, DPT, CWS has been practicing physical therapy for more than 20 years. Her background includes acute care, adult rehabilitation and outpatient management of orthopedic, neurologic and integumentary impairments.

Dr. Pignataro is a certified wound specialist and a diplomate of the American Board of Wound Management. She has a bachelor’s and doctorate degree in physical therapy, a master’s degree in health science education, and a PhD in Public Health.
Dr. Pignataro is an active member of the American Physical Therapy Association and has presented seminars on wound management and the use of wound healing modalities at both national and international conferences.