**PICOT Question**
In a diabetic dialysis patient what is the effect of performing lower extremity assessments comparing to that of no lower extremity assessment for a period of 3 months?

**Case Study**
A 65 year old female with type 2 diabetes of 1 year who is on dialysis sustained a plantar blister on both legs after wearing uncomfortable footwear. The patient was asked to rest and take them off so that the blister would heal quickly. The client did not follow the advice, and developed a large neuropathic ulcer on the left forefoot.

**Best model**
The health care provider should educate the client about daily foot care and appropriate footwear. The client should be taught to wear comfortable shoes to avoid another blister or foot injury.

**Model Study**
A 65 year old retired professor with type 2 diabetes of one year duration on dialysis questioned the nurse about prevention of amputation of the lower extremity due to ulceration. After hearing the client’s concern the nurse educates the client about the importance of visual inspection of the feet including nail length and cleanliness of the foot itself on a daily basis. The outcome resulted in the patient recognizing the importance of foot care as they took an active part in pointing out areas that were painful or reddening during the dialysis.

**Interventions**
- Early detection of foot problems prevents amputation and decreases mortality in high risk patients on dialysis. Prompt referral can reduce and prevent amputation. (2).
- Clients determined to be at high risk would be assessed monthly, while those at low risk would be checked annually (3).
- Client should be given a foot care kit with mirror to assess the bottom of their feet and booklets outlining diabetic foot care (3).
- Written pamphlets and video teaching on foot care must be available for patients and staff (3).
- Patient should be encouraged to wear clean, comfortable. Closed-toe shoes. Sandals or open-toe shoes should be discouraged because they put patient at risk for mechanical injury (1).

**Results**
The effect of lower extremity assessment in diabetic dialysis patients in a 3 month period showed to reduce foot injury and infection that could lead to ulceration and amputation as opposed to no lower extremity assessment. In the case of foot injury the primary care provider should be contacted to reduce risk of infection or ulceration.

**References**