

Diabetes Multidisciplinary Foot Clinic A patient's guide

Over 4.9 million people in the UK have a diagnosis of diabetes, around 10% of these will at some point develop a foot ulcer. Diabetes is the highest cause of non-trauma related amputations, almost all resulting from foot ulcers. Therefore early intervention, management, treatment and ultimately prevention is important in preserving both limb and life.

What is the Multidisciplinary Foot Clinic?

Multi/inter-disciplinary foot clinics or Diabetic foot clinics are NHS services for people who are at risk, have recovered from or are currently diagnosed with diabetes related foot issues. They are usually based at hospital sites. These appointments tend to happen regularly, every 2-6 weeks alongside community appointments.

These are consultant led podiatry appointments.

Who may be involved in the meeting?



Diabetes
Consultant



Specialist
Diabetes Nurses



Specialist
Podiatrist



Vascular Surgery
Professionals

And can be referred into the following:

- Microbiology
- Orthopaedics
- Radiology
- Biomechanics and orthotists
- Wound care
- Casting
- Health Education

Why should I attend these appointments?

The clinics are set up in accordance with NICE guidelines (*evidence-based recommendations for healthcare providers*) and are intended to provide the gold standard of treatment for patients with diabetes related foot problems.

Compared to attending separate appointments across the hospital over many weeks, attending just the one where multiple health professionals can be present, that specialise in diabetes, it is more beneficial to you as a patient.

A treatment plan will be formulated with input from relevant specialist areas, creating an holistic approach and improving your experience and outcome, with the aim of treating present concerns and preventing future complications.

How will I be referred into these clinics?

There are a few ways in which you can be referred into a multi-disciplinary foot clinic:

- Through the GP
- Through a Nurse
- Through a Podiatrist
- Through other Healthcare Professionals

Referrals into Diabetes multi-disciplinary foot clinic should be made on the presentation of an active ulceration with an appropriate healthcare professional, this has been shown to improve patient outcomes and reduce the chance of ulcer-related amputations.

Sources of information

For further information and guidance on your care:

[Diabetic foot problems: prevention and management | Guidance | NICE](#)

References: NICE guidelines 2019, National Diabetes Foot Audit 2021, Diabetes UK, ESHT NHS.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team - Tel: 0300 131 5309 (Conquest) 0300 131 4784 (Eastbourne) or by email at:

esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on **0300 131 4434** or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

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The Clinical Specialty/Unit that have agreed this patient information leaflet:

Enter name here, if appropriate

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Responsible clinician/author: (Mika Dave At Risk Specialist Podiatrist)