

# At Risk Diabetic Foot Referral Pathway

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Risk	Examination	Referral	Primary Care Action
No Current Risk	Pulses and Sensation Intact	None necessary	Annual Review in Primary Care
LOW	Absent 10g monofilament OR absent foot pulses OR pathological nails/callus/hx foot ulceration OR large/slow to heal blisters or breaks in the skin OR px with healed ulcers requiring biomechanical assessment	Refer to Podiatry department or to HIT (high intensity treatment) clinic for open lesions) Consider vascular referral for claudication. Consider referral to orthotist for specialist footwear if deformity is present	Check whether px is already registered to Podiatry- if 'yes' call 01375 364465 for appointment. If 'no' complete referral form and fax to 01375 364629. For blisters/ breaks in the skin, fax referral to [REDACTED] (HIT clinic at Warrior house). Indicate if px is housebound
MEDIUM	Unilateral swelling/new deformity/ pain or odd sensations when previously neuropathic  OR ulceration with no suspicion of infection requiring offloading or debridement	Referral within 24 hours to either HIT clinic Warrior House OR WMT Southend Hospital	Complete referral and fax to HIT clinic (Warrior House-fax [REDACTED]) marked 'urgent'. Indicate if px is housebound IF px has known PAD/ is dialysing/ or has large/extensive ulceration then refer to WMT- fax 01702 385833
HIGH	Hot swollen foot with no obvious wound (?Charcot?)  New or deteriorating ulceration with suspicion of infection where px is systemically <i>well</i>	Urgent referral call within 24 <i>hours</i> to either HIT clinic 07976 983556 OR WMT 07824 897293	Contact HIT clinic 07976 983556 and follow up with fax [REDACTED] - marked as 'Urgent'  For suspected Charcot advise px to minimise activity  IF px has known PAD/ is dialysing/ or has large/extensive ulceration then refer to WMT - 07824 897293
IMMEDIATE ACTION REQUIRED	Ulceration when px is systemically <i>unwell</i>  OR where infection is spreading despite antibiotics  OR acute or critical ischaemia signs of necrosis/gangrene	Urgent referral call to WMT/ Vascular team 07824 897293 OR SAU out of hours	Initiate antibiotic therapy and arrange deep wound swab  Refer as urgent to WMT / Vascular team 07824 897293

Developed using information from the following: <http://www.sign.ac.uk/pdf/sign116.pdf> <http://www.nice.org.uk/usingguidance/commissioningguides/footcare/commissioning.jsp>  
<http://publications.nice.org.uk/diabetic-foot-problems-cg119> [www.nice.org.uk/nicemedia/pdf/CG10fullguideline.pdf](http://www.nice.org.uk/nicemedia/pdf/CG10fullguideline.pdf)



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