

# Don't Flip Flop Around! Take Care of Your Feet

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CCHWI #243

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## About TMF

TMF Health Quality Institute focuses on improving lives by improving the quality of health care through contracts with federal, state and local governments, as well as private organizations. For more than 40 years, TMF has helped health care providers and practitioners in a variety of settings improve care for their patients.

[www.tmf.org](http://www.tmf.org)

## Objectives

- Discuss how diabetes can damage the foot
- List steps for proper daily foot care
- Identify four areas for a proper fitting shoe
- Explain how the Medicare Therapeutic Shoes for People with Diabetes program works

## Risks

- 90% of amputations are the result of a foot ulcer
- Most hospitalizations for people with diabetes involve some type of foot issue
- Poor self-management can result in an amputation
- Higher risk for nerve damage the longer you have diabetes

## How does your foot get damaged?

- Poor blood sugar control
- High cholesterol levels
- High blood pressure
- Being overweight
- Smoking

## Effects

- Dry scaly feet
- Numbness in feet
- Tingling, burning, prickly feelings in your feet
- Sharp pains and cramping
- Loss of balance
- Foot deformities and blisters, callouses
- Osteomyelitis, peripheral vascular disease

## What is happening?

- High glucose, high blood pressure and fatty deposits in your blood damage the inner walls of the small blood vessels in your feet
- Causing vessels to narrow and harden
- Decreasing the circulation of blood and oxygen to your feet

# Artery blockage

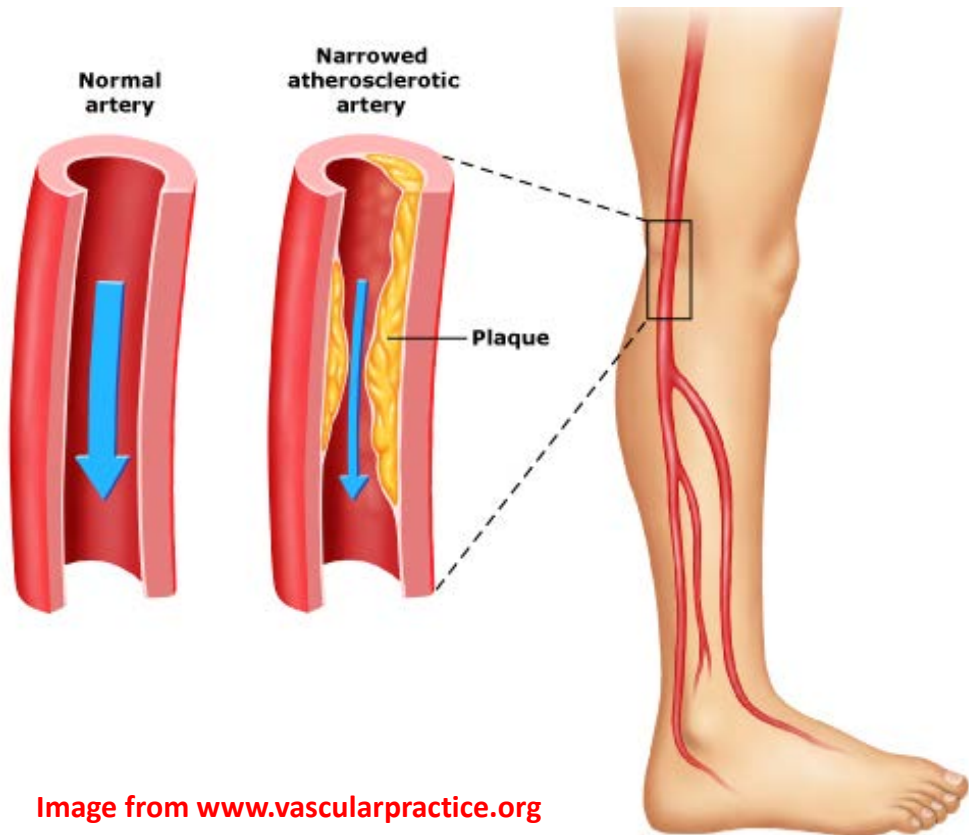


Image from [www.vascularpractice.org](http://www.vascularpractice.org)



## Problems from vessel damage

- Poor slow healing wounds
- Increased risk for infection
- More difficulty controlling blood sugars
- Loss of balance and falls
- Pain when walking
- Risk for amputation

## Ways to protect your feet

- Good glucose control (70-140 mg/dl)
- Watch your cholesterol levels, take your medications, watch the fats in your diet
- Move! Any type of safe activity to get circulation moving
- STOP smoking

## Good Foot Care: 9 rules

- 1) Keep your feet clean and dry
- 2) Do not soak your feet
- 3) Wear clean socks every day
- 4) Check your feet daily for blisters, redness or sores. If you have any problems see your doctor right away

## Good Foot Care: 9 rules (cont.)

5. Trim your toe nails with an emery board
  - a) Never use a razor or a knife
6. Never have a salon pedicure
7. Keep floor areas clear of objects
8. Examine your shoes every day
9. Never walk barefoot or wear flip flops

# A little more about salon pedicures



## Risks from a salon pedicure

- Nick from clipping nails or cuticle
- Infection from open sore if soaking tub not sanitized correctly
- Burns from hot water or waxing (neuropathy)
- Soaking causes skin to become too soft, risking skin breakdown
- Using the “cheesegrater” can damage your foot

## How to have pretty feet?

- Clean your feet at home
- Trim nails with emery board only
- Do not pick or poke with metal tools
- If nails are bad, see your podiatrist
- Pick a fun color
- Make it fun and have a nail painting party at home with the girls
- However, if you have any discoloration in the nail or infection do not use nail color
- Keep nail bare to allow it to breathe

## Daily foot cleaning

- Wash your feet with soap and lukewarm water every day
- Wash between every toe
- Dry well between toes
- Use lotion on feet and heels
- Do not put lotion between toes



# Picking the right shoe



## **Make sure you are selecting the right shoe size, and with a closed toe**

- Look at the width and toe space
- Your foot should not slide inside the shoe when you walk
- You should be able to wiggle your toes
- Shoe sizes can change due to weight changes, deformities and age

## Select a shoe with flexible closures and supportive backing

- Look for laces, hook and loops, straps
- Avoid slip-ons
- Slip-on shoes can cause friction to your heel and top of foot areas
- Shoes should have a backing. Avoid sandals

## Check the inside of the shoes

- Look for shoes without seams. Seams can rub and cause sores and injuries
- Look for cushioned insoles that prevent rubbing and friction
- Ankle area should be soft and supportive

## Try shoes on with socks, then walk in them

- Wear clean socks when trying on shoes
- Walk around in the store
- Pay attention to the fit
- No part of the shoe should pinch your feet

## What is wrong with these high heel shoes?

- Exposed toes
- No support in heel
- High arch will cause shirring
- No side support
- Balance risk with 4" heels



## Here are two pairs of men's shoes

- Pointed toe
- Ridged seams that can rub
- Small toe exposed
- Pebbles can get inside of shoe
- Heel is exposed



## Here is a women's sandal



- No support for foot
- High risk for shirring
- Exposed toes
- Exposed heel
- Between toe can get irritated



## Best choices



- Both have enclosed toes with good square toe box
- Both have supportive and protected heel
- Both have limited seams to reduce irritation
- Both have side support

## How about men's shoes



- All three have protected toes, heels, support
- Limited seams for irritation
- Good room in the toe box
- Cushioned soles

## Foot examinations

- At each visit to your doctor you should take off your shoes and socks
- Doctor's office should test your feet with a monofilament at every visit to check for nerve sensitivity

## Annual foot exam

- Is more involved
- Monofilaments, tuning forks; could also use a Doppler to listen for blood circulation
- Could send you to a neurosurgeon or podiatrist

## Medicare coverage for therapeutic shoes

- Congress approved in 1987
- Known as Therapeutic Shoes Program for People with Diabetes (TSD)
- Available to Medicare B beneficiaries with diabetes who are at risk for foot complications

## What is provided?

- One pair of depth-inlay shoes and three pairs of inserts each year, or
- One pair of custom-molded shoes including inserts each year, if beneficiary cannot wear depth-inlay shoes

# How do you get therapeutic shoes?



MEDICAL CENTER

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

**R**

\_\_\_\_\_  
SIGNATURE

LABEL  
REFILL 0 1 2 3 4 5 PRN NR

## Starts with your PCP

- Step 1
  - Primary Care Provider (PCP) who treats the diabetes (management) needs to certify that you have diabetes and have a risk for further foot damage or have had an amputation



## Condition or Certification of Need

- Step 2
  - Must have at least one of the following conditions on one or both feet:
    - Partial or complete amputation
    - Past history of foot ulcers
    - Poor circulation and/or diabetic nerve damage
    - Deformed foot or defined calluses

## The written order

- Must be an MD or DO who provides the primary care management of the patient's diabetes
- Podiatrists and mid-levels can write the orders for the Certification of Medical Need
- Orders must be specific to item needed by patient

## Documentation Required by PCP

- Step 3
  - Statement of Certifying Physician (SCP)
  - Office notes that support need for TSD (very important that office notes match need)
  - Medical records show PCP is managing the diabetes

## Key points in documentation required

- Patient diagnosis of diabetes
- Patient has had comprehensive care for diabetes management and patient needs diabetic shoes
- Medical records show condition of need
- History of previous foot ulcer, peripheral neuropathy, callus formation, deformity
- Small or large vessel arterial insufficiency

## **Durable Medical Equipment supplier**

PCP will need to:

- Provide copies of medical documentation
- Follow HIPAA guidelines when sending medical documentation to DME
- Not charge DME for providing information

## Yearly review and new certification

- Step 4
  - Each year, new certification and documentation is needed to continue to receive therapeutic shoes

## In Review

- Follow good self-management to keep good circulation and blood flow to your feet
  - Good glucose control
  - Good blood pressure control
  - Take medications as needed
  - Stop smoking
- Take care of your feet
- Wear the correct shoes
- If you have a problem, see if you qualify for a therapeutic diabetic shoe

# Thank you so much

## Questions?

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