

Diabetes and Feet– Instructor lesson plan

Aims

To explore how diabetes can affect the feet of an individual and practice risk classifying example patients.

Age range: Secondary school (12 -16yrs)

Numbers: up to 50

Duration: up to an hour

Equipment

- Hand-outs of the Diabetes risk classification criteria
- A/V aids optional (e.g. pictures of cases, assessment results of the cases etc)
- Accompanying worksheet

Learning intentions

By the end of the session learners will be able to:

- Explain how diabetes affects the feet
- Be able to risk classify provided patient cases to the correct risk classification.
- Recognise some of the difficulties in risk classifying cases

Introduction

Team to introduce themselves & aims from session

Provide a brief over view of what is diabetes.

Task 1 What common complications are associated with Diabetes and the foot?

Ask learners what complications associated with Diabetes they have heard of and document them in their workbook. Feedback to the rest of the group, then the instructor provides an overview of common foot problems associated with Diabetes.

Task 2 What assessment results are required to identify risk status of the foot?

Ask learners to think what assessments and tests may be required to identify risk factors for foot ulceration.

Instructor then provides an overview of the assessments and tests which may be required to risk classify the foot.

Instructor then introduces the NICE guidance risk classification for Diabetic foot ulceration and the referral pathways.

Task 3 Allocating the correct risk classification to the cases provided and referral route.

Students will use the NICE guidance risk classification chart and the cases provided to try and correctly classify them and identify the correct referral route for them.