



Self Care Action Packs for Diabetic Foot Ulcers in the remote Kimberley region of Western Australia

Background: The Kimberley health region of Western Australia is classified entirely as remote or very remote with multiple small towns and Aboriginal communities serviced by three Boab Health Podiatrists. There are 10-15 amputations per year related to diabetes foot complications including diabetic foot ulcers. This figure is significantly higher than the national average given the population.

Aim: To investigate self care behaviours in people with diabetic foot ulcers when provided with a Foot Care Action Pack containing basic foot health and wound care items and instructions.

Method: Every client who presented to Boab Health Podiatry with either 1. Active high risk foot ulcer or 2. Recently healed high risk foot ulcer were offered the Foot Care Action Pack. On provision of the pack each client was asked "Pre-pack" questions regarding their own self care for their feet. "Post- pack" questions were asked when the client presented for review a minimum of two weeks later.

Results: 14/15 clients responded that they *did not* have what they need to look after their feet at home before being given their pack. Afterwards, 7/10 clients reported they *do* now have what they need. 8/10 clients had used their foot action pack on two or more occasions. Overall clients responded that after receiving the Foot Care Action Pack they were more equipped to look after their feet. See results table.

Results Table:

Foot Care Action Pack Evaluation

Before (completed the day the pack was issued)

15 responses

Do you check your feet?	Daily 10	Weekly 3	Never 1	Unsure 1
If you have a sore on your foot do you do your own dressings at home if you can't get to clinic?	Often 5	Sometimes 6	Rarely 2	Never 2
Do you feel you have what you need to look after your own feet at home?	Yes 1	No 14	Unsure	

After (at least 2 weeks after the pack was issued)

11 responses

If you have a sore on your foot do you do your own dressings at home if you can't get to clinic?	Often 5	Some-times 3	Rarely 1	Never 2
Do you feel like you have what you need to look after your own feet at home?	Yes 8	No 3	Unsure	
Do you use your Foot Care Action Pack?	2+ times 9	1-2 times 1	Never 1	

Conclusion:

Providing an Foot Action Pack with basic foot care items and instructions to people with high risk foot ulcers living in remote areas may improve management and overall outcomes and reduce presentation to remote clinics and hospitals.



Kimberley Region WA
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Boab Podiatry client with his Foot Care Action Pack

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