

GEHWOL Diabetes Report

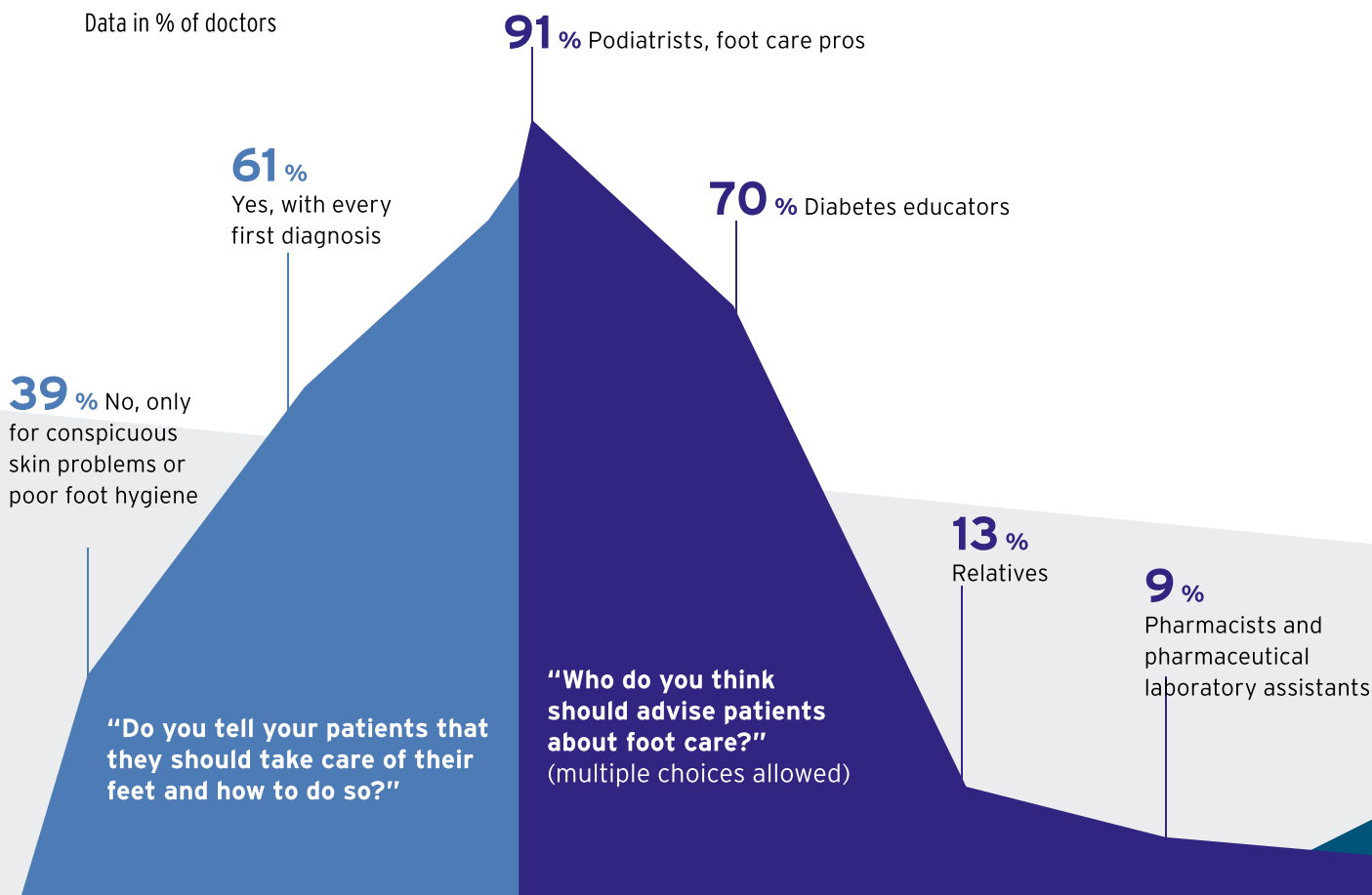
“Diabetic foot” – disease awareness:

What is necessary for better risk education in diabetics?

There are currently seven to nine million diabetics in Germany. This illness is associated with various secondary diseases. One of the most common: diabetic foot syndrome (DFS). Approximately every 17 minutes, one diabetic has an entire foot or a part of it amputated because of DFS. That makes 30,400 cases a year, amounting to two thirds of all amputations in Germany. That's reason enough to take precautionary measures. The current GEHWOL Diabetes Report confirms the big dilemma: The number of diabetics who are not or only insufficiently informed is still far too high. 33 percent of diabetics do not know that they need

to do something for their feet. There is actually a clear plan. Once diabetes has been diagnosed in patients, they should be trained and learn to check their feet and keep them injury-free with care on their own. In Germany this concerns six to eight million diabetics. But the reality looks different. At the initial diagnosis, 61 per cent of doctors provide information about home foot care. The rest, however, only do this when there are abnormal skin problems or a lack of foot hygiene. But doctors are not solely responsible for their patients' foot health. Podiatrists and diabetes consultants in particular have an informing role. However,

Data in % of doctors



33%

of diabetics in Germany do not know, according to the doctors, that they should pay attention to their feet!

44%

receive specialised training on independent foot inspections and foot hygiene!

56%

of diabetics are not well informed about the risks of a foot lesion, according to estimates by doctors!

Source

GEHWOL Diabetes Report
Representative survey among 123 physicians with N = 3,119 diabetic patients
Field phase: June to August 2019 by INSIGHT Health and IDS Germany



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fussvital.info/diabetes
gehwo.de/downloads/gehwo-diabetes-report-2020

74% Podiatric check-ups should generally be conducted at first diagnosis

48% More foot-specific training programmes for diabetes educators

44% Uniform rules for the assumption of training costs

35% More disease management programmes

30% Expansion of certified diabetes networks

61% No, injury-free foot care is often neglected in the training sessions

39% Yes, there are enough training programmes

"Do you consider the existing training offers for foot care sufficient?"

"In your opinion, what could improve the quality of diabetic training to enable progress in primary prevention?"
(multiple choices allowed)

GEHWOL Diabetes-Report

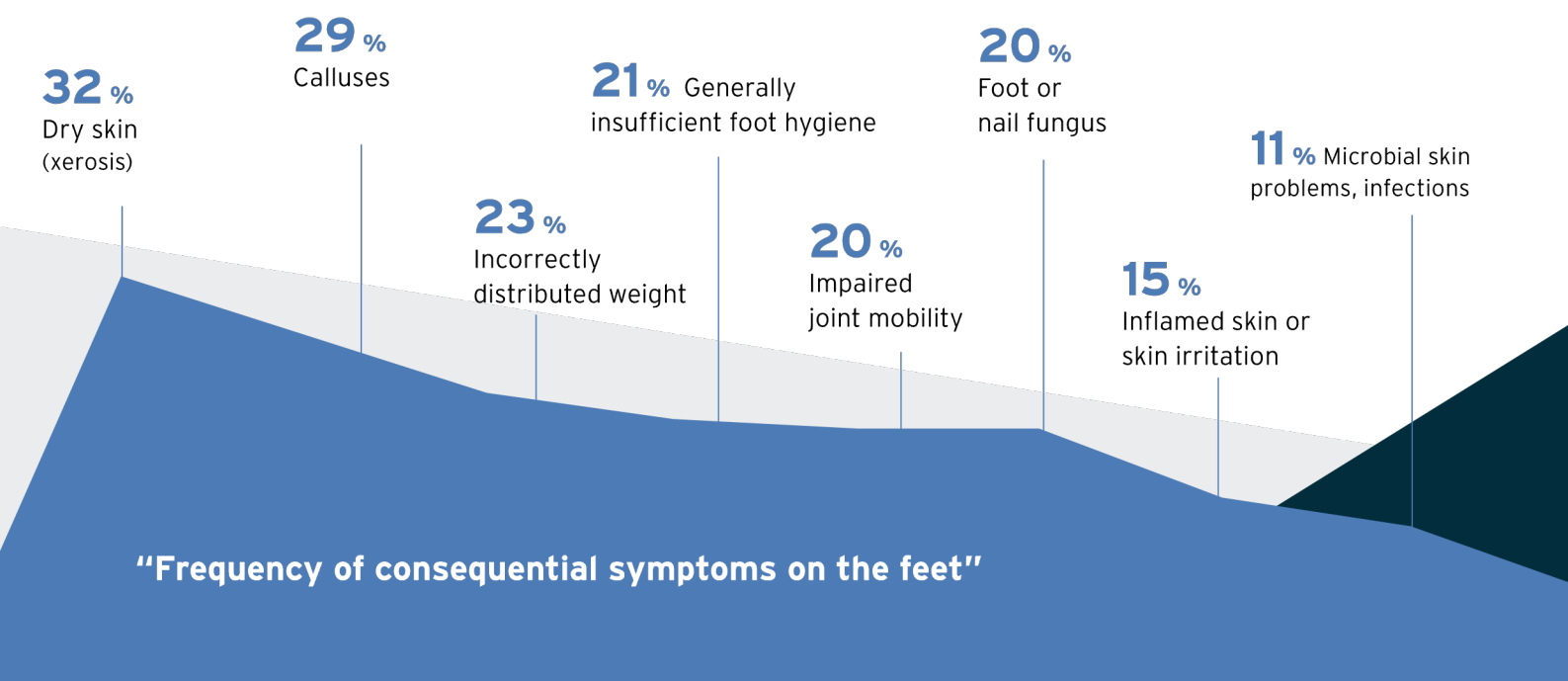
Risk factors of "diabetic foot":

How often do diabetics have foot problems, and what preventive measures are taken?

About every third diabetic knows this problem: dry skin on the feet and legs. This is not caused by diabetes in itself, but by a nerve dysfunction which may be triggered by diabetes. According to the Diabetes Report, it affects 27 per cent of diabetics. These nerves are very important for the skin. For example, they regulate the function of the smallest blood vessels, which supply the skin with blood and moisture. If these vascular motor functions no longer work properly, this is known as microangiopathy; 22 per cent of patients have this condition. The skin then lacks moisture and becomes dehydrated. If there is pressure on the feet because, for example, the joints have lost their mobility, this causes weals to form. The skin may also become

susceptible to infection. This may cause wounds to develop - which is also known as diabetic foot syndrome. Such wounds are especially dangerous if peripheral arterial occlusive disease (PAOD) impairs wound healing. This applies in about 15 per cent of diabetics. Unlike microangiopathy, this circulatory weakness affects all of the foot and leg vessels (macroangiopathy). It is a mandatory part of prevention that diabetics should obtain podological care and orthopaedic footwear, and also be trained by a diabetes consultant about foot hygiene. In reality, however, these services are often not offered, or offered too late. For example, only every second patient receives podological care.

Frequency percentage of diabetics
(multiple choices allowed)



27%

of the treated diabetics also have neuropathy, according to their doctors!

22%

of the treated diabetics also suffer from microangiopathy, according to their doctors!

15%

of the treated diabetics also have PAOD, according to their doctors!

Source

GEHWOL Diabetes Report: Representative survey among 123 physicians with N = 3,119 diabetic patients. June to August 2019 by INSIGHT Health and IDS Germany.

**Results and download**

<https://www.gehwol.de/Aktuelles/GEHWOL-Diabetes-Report>

55%

Podological care

5%

Repeat ulcers

6%

First-time ulcer

7%

Previous ulcer experience

44%

Special training in independent foot inspections and foot hygiene

43%

Special training by a diabetes consultant

21%

Special shoe care by an orthopaedic shoemaker

18%

Biomechanics examination (pressure peak diagnostics)

"And how often are preventive measures taken to prevent risks?"