### Introduction

- **Primary Care Provider**
  - Combined effects of the increased number of older adults, increased incidence of diabetes, the economic recession, and fewer specialists accepting Medicare and Medicaid creates many challenges for the Primary Care Provider.
  - The Health Care Effectiveness Data and Information Set (HEDIS) evaluate preventive care provided to patients and are developed by the National Committee for Quality Assurance.

- **Diabetes**
  - Most common complication of DM: Peripheral Neuropathy which may lead to

- **Guidelines**
  - Annual diabetic foot exam by Primary Care with focus on Dermatological, Musculoskeletal, Vascular, Neurological, and Sensory functioning using a 10g Monofilament.

- **Compliance**
  - To facilitate guideline adherence a team approach, ongoing special education, and utilization of multiple reminder tools is recommended.

### Purpose of Evidenced Based Project

- Improve compliance of Annual Diabetic Foot Exam by Education of Nurse Practitioners
- Development of Evidenced Based Practice Curriculum
- Improve the Early Diagnosis and Prevention of Diabetic Neuropathy, Diabetic Foot Ulcer and Lower Extremity Amputation for frail and older adults living in long term care.

### Method

- **Project Site and Team**
  - Adult, Family, and Geriatric Nurse Practitioners who provide point of care services to frail and older adults living in long term care in metropolitan Phoenix and Tucson, Arizona
  - Team: Project Director/Nurse Educator, Clinical Executive, and Faculty Mentor

- **Clinical Site**
  - Clinical Management at project site
  - Institutional Review Board at Arizona State University
  - Risk Management at project site

- **Didactic and Clinical Information**
  - Based upon Evidenced Synthesis and Pataky et al 2007
  - Presented October 25, 2012

- **Knowledge Pre/Post Test**
  - 11 Multiple choice questions and 5 Demographic questions
  - Based upon Pataky et al 2007
  - No identifying information requested and ability to opt out by not completing test

- **Compliance: Annual Foot Exam**
  - Documented on Health Maintenance Record in EMR
  - Clinical Indicator Quarterly Report measured completion rate both Pre and Post Education
  - Report only accessible by Clinical Executive, no identifying information

### Discussion

- **Knowledge**
  - Prior education enhanced nurse practitioner knowledge regarding current Diabetic Foot Exam guidelines
  - Project Site culture promotes ongoing education to enhance HEDIS compliance
  - EMR reminder system reinforces Diabetic Foot Exam importance
  - EBP project reflects synthesis of the literature: Frequent reminder systems and provider education improve compliance of the Annual Diabetic Foot Exam.

- **Compliance**
  - EBP project (Prothe 2013) demonstrated higher compliance rate prior to education when compared to other studies
  - However, the post education did not increase but similar studies reflect improvement.
  - All studies included a chart reminder system and health care provider education.

### Conclusion

- An EBP project to enhance practice through a presentation of an educational curriculum about the benefits of an annual diabetic foot exam reinforced the quality patient care provided by a nurse practitioner group.
- Frequent reminder systems and ongoing education to the health care team facilitates the completion of the annual diabetic foot exam.
- The improvement of patient care through an annual diabetic foot exam with a 10g monofilament to prevent a lower extremity amputation through the early diagnosis of a diabetic foot ulcer and diabetic peripheral neuropathy should be a priority for the Primary Care Provider.

### Cost Analysis

- **End Points**
  - Not Developing Foot Ulcer
  - Developing Foot Ulcer but no Lower Extremity Amputation
  - Lower Extremity Amputation

- **Costs Identified in Literature**
  - **Diabetic Foot Ulcer**
    - $8000 to $17,000
  - **Lower Extremity Amputation**
    - $45,000
  - **Annual Diabetic Foot Exam**
    - $10/exam
  - **EBP Curriculum**
    - $4031 or $80/NP

### Data Analysis: Demographics

- **Data Analysis: Knowledge**

- **Data Analysis: Compliance**

### References


### Contact Information

Contact: Dr. Gail Prothe via email: gail_m_prothe@optum.com