Title of Intervention: Comprehensive Diabetes Lower-Extremity Amputation Prevention Program (CD-LEAP) for Lower Income African Americans

Intervention Strategies: Supportive Relationships

Purpose of the Intervention: To decrease complications of foot problems associated with diabetes

Population: Lower income African Americans with diabetes

Setting: University-affiliated health sciences center in Louisiana; health care facility-based

Partners: None mentioned

Intervention Description:
• Supportive Relationships: Participants received an initial risk assessment. Individuals identified as low-risk were provided foot care education, assistance in the selection of proper fitting and designed footwear and routine follow-up contacts. Individuals identified as high-risk were provided custom molded shoe inserts and prescription footwear to reduce foot pressure. High-risk patients received more frequent follow-up. Both groups of individuals were taught to self-examine their feet daily, were fit with appropriate footwear and were offered a responsive treatment program when wounds developed.

Theory: Not mentioned

Resources Required:
• Staff/Volunteers: Registered nurse with experience in diabetic care
• Training: Not mentioned
• Technology: Not mentioned
• Space: Health care facility
• Budget: Not mentioned
• Intervention: Education materials, prescription footwear and custom molded inserts
• Evaluation: Interview protocol

Evaluation:
• Design: Cohort
• Methods and Measures:
  o Structured interviews to recorded the of number of days with an open foot ulcer, times hospitalized for a foot problem, days spent in the hospital for a foot problem, visits to the emergency room for a foot problem, times an antibiotic was prescribed for a foot problem, all foot operations, lower-extremity amputations and missed workdays for a foot problem.

Outcomes:
• Short Term Impact: The center provided increased access to prevention and comprehensive foot care.
• Long Term Impact: There was a large reduction in foot-related complications after the first year of comprehensive preventive foot care.

Maintenance: Not mentioned

Lessons Learned: Early detection and effective treatment of foot ulcers is the best method of interrupting the pathway to lower extremity amputations.

Citation(s):