

**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 foot wear and custom molded inserts
- Evaluation: Interview protocol

**Evaluation:**

- Design: Cohort
- Methods and Measures:
  - 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):**

Patout, C. A., Jr., J. A. Birke, et al. (2000). "Effectiveness of a comprehensive diabetes lower-extremity amputation prevention program in a predominantly low-income African-American population." *Diabetes Care* 23(9): 1339-42.