



Diabetes and Foot Care

How significant are diabetes related foot and ankle problems?

More than 2 million of the estimated 14 million Americans living with diabetes will develop foot ulcers at some time. Without proper treatment these wounds can rapidly become limb threatening. In fact, 45% of non-traumatic amputation are performed for diabetes related problems.

Two groups at risk of increased diabetes are persons older than 65 years of age and Native Americans. Central South Dakota is more at risk than other parts of South Dakota and the nation to develop diabetes and related complications. It is our belief that between 80-90% of the current amputation of persons with diabetes in our region can be avoided by proper referral and care in St. Mary's Limb Recovery Program.

The causes of diabetic foot ulcers are from multiple things. Impaired circulation, loss of sensation, and impaired immune response are all contribution factors. Local problems such as calluses, deformed nails, corns and poorly fitting foot wear also play an important role.

Individuals with diabetes can take an active role in ulcer prevention. Daily inspections of the feet can be performed with hand held mirror. The feet can be washed daily in lukewarm water that has been tested with the more sensitive part of the hand. Feet must be thoroughly dried. Bland lotion is utilized to keep the skin well hydrated. Calluses and nail abnormalities should be under the careful watch of an orthopedic surgeon or your physician.

Funding to initiate the St. Mary's Limb Recovery Program is from South Dakota Department of Health, Diabetes Program and the Wellmark Foundation through St. Mary's Foundation.

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The Mission of Catholic Health Initiatives is to nurture the healing ministry of the Church by bringing it new life, energy and viability in the 21st Century.

Fidelity to the Gospel urges us to emphasize human dignity and social justice as we move toward the creation of healthier communities

St. Mary's Healthcare Center
801 E. Sioux Ave.
Pierre, SD 57501
605-224-3100

Or call Diabetes Education
for Limb Recovery Program
information
605-224-3425

CATHOLIC HEALTH
INITIATIVES

St. Mary's Healthcare Center

801 East Sioux Pierre, South Dakota 57501-3323

St. Mary's Healthcare Center's Limb Recovery Program

A Multi-Disciplinary Approach to
Prevention of Limb Loss



CATHOLIC HEALTH
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801 East Sioux Pierre, South Dakota 57501-3323

St. Mary's Healthcare Center Limb Recovery Program

St. Mary's Healthcare Center's mission forms a foundation for us to provide a holistic approach to health. The Limb Recovery Program incorporates many health care center team members, as well as your local health care clinic and provider. You and your family are an important part of the team as well.

Are You a Candidate for the Limb Recovery Program?

Anyone who has a chronic, painful, non-healing wound or has an open wound, foot ulcer, bone infection or gangrene is a candidate. Check with your doctor/clinic to be referred to St. Mary's Limb Recovery Program or call 605-224-3425, Diabetes Educator Pam Peterson.

Admission to Limb Recovery Program:

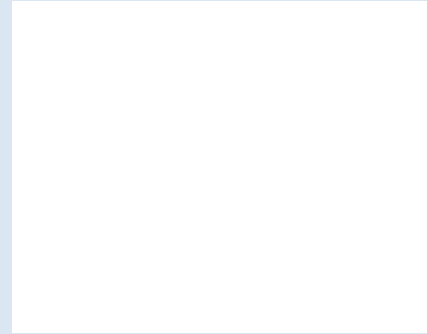
Your physician or healthcare clinic will consult with Dr. Dave Lonbaken, the Limb Recovery Team Leader, or other physicians practicing at St. Mary's Healthcare Center to refer you to the program. Your primary physician will receive progress reports, clinical photographs, and other information to help with your on-going care. Because this is a data-driven program, funded through grants, all surgical procedures involving the affected limb must be performed at St. Mary's Healthcare Center or referred from St. Mary's.



Dr. Lonbaken, DPM

Who will care for you at St. Mary's Healthcare Center?

Podiatrist/Physicians — After referral, consultation, and admission to the Limb Recovery Program, a program of treatment will be developed to address your particular need. Preserving the patient's leg and quality of life is the real purpose of the Limb Recovery Program. You may or may not require surgical intervention.



Case Manager — Is a nurse, who helps coordinate the entire team, including the nursing care you will be receiving.

Physical Therapist — Helps you recover as fast as possible and to make sure that you regain physical activity as quickly as possible.

Wound Care — A specialist in wound care will work with you and your family to heal wounds properly and to see that you are receiving the proper dressing changes.

Diabetes Educator — If you have diabetes, special training and education on diabetes will be provided.

Dietitian — Will provide you with the knowledge you need to eat the right foods and the right amount of foods.



Social Services — Will help coordinate any services you may need as you return home, or if you need care at another facility.

Infection Control — Keeping you free from infection is important to the entire team, and we have a person who is a specialist available as needed.

Pharmacy Consult — Medications and the understanding of how and when to take your drugs is an important part of the healing process, including pain management and antibiotic management.

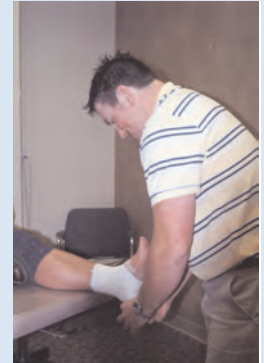
Laboratory — All your laboratory blood and urine tests will be performed by trained laboratory personnel at St. Mary's. Additional blood work will be done if you have diabetes and need updated blood results.

Radiology — Will perform the necessary X-rays, Doppler studies, CT, MRI and bone scans needed to make sure you receive the treatment you need.

All the staff at St. Mary's Healthcare Center, from the people who will clean your room, prepare your meals, care for you directly to the billing department and CEO, will work to make your stay with us as friendly and pain-free as possible.

Discharge from Limb Recovery Program-

When you leave St. Mary's Healthcare Center, your physician and clinic will receive a "Discharge Summary of Care" form, which outlines the care you will need to continue to receive. They will also receive copies of your wound photographs to monitor progress, your history and physical information and progress notes to the referring physician.



Spiritual Care — St. Mary's Healthcare Center believes that the healing process involves much more than physical recovery and will provide spiritual and pastoral care as desired by the patient and family.

Respiratory Care — Will help with all types of breathing issues, including helping with smoking cessation if appropriate.

