



A case series to report healing rates in patients with diabetic foot ulcers using a Leeds Orthotic Contact Cast

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Introduction and aims

Non-removable total contact casting (TCC) is recommended by NICE (NG19) [1] to offload diabetic foot ulcers, aiming to achieving healing within 12 weeks. Current research all advocates use of a total contact cast in the treatment of diabetic foot ulcerations however there is minimal information given about techniques and methods of application. The Leeds Orthotic Contact Cast is based on standard casting methods but incorporates a modified offloading insole to optimise pressure relief and is being used in Leeds Diabetic Limb Salvage Service (DLSS).

Methods

The study reviewed ulcer healing rates in patients who were treated with a LOCC between 2014 and 2017. During this period, 68 patients were issued with LOCC in DLSS. All patients issued with a LOCC were screened prior to being issued the treatment.

Results

Patients in LOCC attended an MDT clinic weekly for LOCC removal and refurbishment. Foot ulcers were debrided and redressed accordingly. Of 68 patients who were treated with a LOCC, 42 (61%) healed within 12 weeks and 14 within 24 weeks. Two patients were healed by week 48. The LOCC was removed in 5 patients due to compliance issues or increased wound exudate. These patients were treated with a removable offloading device. There are 5 patients still currently using LOCC.

Conclusion

In this case series, healing rates suggest using a LOCC to treat patients with diabetic foot ulcers due to the improved offloading technique. Further studies are required to compare outcomes with NICE recommended non-removable TCCs and removable devices.

References

1 – National Institute for Health and Care Excellence, 2016. Foot care for people with diabetes. Available at: <https://pathways.nice.org.uk/pathways/foot-care-for-people-with-diabetes#path=view%3A/pathways/foot-care-for-people-with-diabetes/foot-care-for-people-with-diabetes-overview.xml&content=view-index>