

Skill Level: RN

Definition: Male patient that has a documented diagnosis of IDDM with impaired skin integrity. Dry, cracked feet with open sores unresolved after direction in self care. Does not appear to be dermatophyte infection (athlete's foot) (see Skin Infection, Fungal I and II).

MILD	
<p>Subjective:</p> <ul style="list-style-type: none"> • Dry, cracked skin or otherwise compromised skin on feet and heels. • "I have been drinking lots of water but my skin is still really dry and my feet hurt" • "I haven't had any lotion and my feet are dry and cracking" • "I am diabetic and my feet are getting sores on them" 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in skin integrity: • Potential for infection due to diabetic status
<p>Objective:</p> <ul style="list-style-type: none"> • Red, cracked, dry skin on feet or legs • Open sores on feet or legs 	<p>Plan:</p> <p>Patient education and self-care items for this protocol include:</p> <ul style="list-style-type: none"> • Increase fluid intake • Keep feet clean and dry • Daily change of socks • Reinforce that after bathing, must dry feet completely before putting on socks <p>At nursing discretion may use any of the below:</p> <ul style="list-style-type: none"> • Diabetic diet management • Diabetic medication compliance • Skin care <ul style="list-style-type: none"> -- instruct patient regarding personal responsibility. • Return to clinic if symptoms worsen or not improved by the above measures in 72 hours.

	<p>Plan continued:</p> <ul style="list-style-type: none">• If skin integrity compromised, may order Vaseline and administer small quantity in medicine cup daily to be applied to affected area after shower and as needed.
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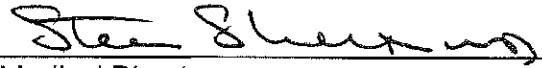
APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date



Medical Director

12/23/2010
Date

Effective Date 12/2010
Revised: December ~~2008~~ 2010