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Standardization of Monofilament use in a Resident-Run Clinic

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### Background
The Hartnett health center is a hospital based resident-run clinic that provides free care to under-served patients. Diabetic patients are often prone to developing foot problems, which is a significant cause of morbidity. The monofilament is perhaps one of the oldest and inexpensive tools used to test for peripheral neuropathy, which is an important risk factor for ulcer formation in diabetic patients. Most Physicians do not perform a thorough routine physical examination of the diabetic feet.

### Aim
The aim of this study was to improve incidence of regular foot exams among clinic diabetic patients.

### Method continued
A prospective cohort study was then performed on all internal medicine diabetic clinic patients from August 2016 to February 2017 who had foot exams carried out either through the use of a podiatrist or by a resident physician.

### Results
- **August** 47 diabetic patients, 72% done
- **September** 44 diabetic patients, 84% done
- **October** 49 diabetic patients, 82% done
- **November** 66 diabetic patients, 86% done
- **December** 54 diabetic patients, 80% done
- **January** 60 diabetic patients, 93% done
- **February** 66 diabetic patients, 83% done

To study the impact of this change we polled the internal medicine residents who are responsible for this exam. Data was from 14 of 36 respondents to the survey. 10 of the 14 found it very difficult to locate the monofilaments prior to our intervention and 13 of 14 respondents found it easy to locate post improvement.

### Lessons Learned
Ambulatory services clinic diabetic patients now have easy and affordable access to yearly foot exams which is safe, timely, efficient, equitable, and patient-centered.

### Next Steps
1. Continue yearly monitoring diabetic foot
2. Collect regular feedback from all staff about improvements that can be made; some of the suggestions include having diabetic patients take off their shoes prior to entering the room
3. Regular teaching sessions with new residents on foot areas to check and how to use the monofilaments.

### References: