



### Clinic 2A

TTSH Medical Centre, Level 2

#### Contact:

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6889 4258 (Clinic 2A Hotline)



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## Your Journey With Us

You will be seen by different specialist(s) and allied health professionals (podiatrist, wound care nurse, diabetic nurse clinician) on the same day.

Payment will depend on the service(s) you utilised during the visit.

Please bring along the following items on your first visit:

- Blood sugar meter and records
- Blood pressure home records
- All medications
- Shoes that you usually wear
- Wound dressings that you are using

## What Can You Expect After Joining LEAPP?

Patients may visit their primary care providers (GPs or Polyclinics) for subsidised care or consult a specialist at the hospital for follow-up care and wound dressing.

## Lower Extremity Amputation Prevention Programme (LEAPP) — Patients with Diabetic Foot Ulcers



## What is LEAPP?

LEAPP is a one-stop specialised clinic that aims to:

- Avoid lower limb amputation
- Lower associated death rates
- Reduce need for hospital stays

The multidisciplinary team in LEAPP will help patients with Diabetic Foot Ulcer (DFU) to reduce DFU-related complications, infections and amputation rates.



The LEAPP programme strives to provide you with the best care plan to help reduce your treatment cost and improve your quality of life.

## The LEAPP Team

The LEAPP team consist of:

- Vascular Surgeon
- Orthopaedic Surgeon
- Endocrine Specialist
- Podiatrist
- Wound Care Nurse
- Diabetic Nurse Clinician

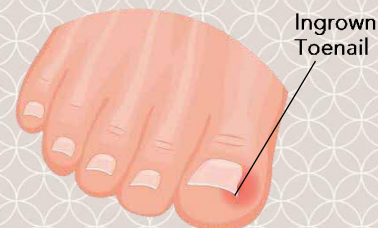
The LEAPP team will:

- Discuss your foot-related health concerns
- Ensure you receive the necessary tests early (e.g. X-Rays, blood tests, etc.)
- Provide prompt treatment for your foot wounds
- Advise you on what you can do at home to care for your current condition and prevent new problems from emerging

## Why are People with Diabetes at Risk?

- Patients with diabetes may have:
  - Reduced sensation over their feet
  - Problems with blood flow to their legs
- Signs and injuries that put you at risk of an acute foot attack:

### 1. Ingrown Toenail



### 2. Foot Ulcers



- Open wound may become infected, leading to tissue death which requires amputation
- Foot ulcers and amputations will affect activities of daily living (ADLs) such as walking

## Signs of Acute Foot Attack

- Red and Swollen Foot
- Increased Warmth
- Black Discolouration
- Pus Discharge
- Fever/Unwell

## Self-Care for Diabetic Foot Patients

### Prevention

- Maintain a healthy lifestyle and diet
- Do not smoke
- Avoid activities that requires you to be barefooted as this increases the chance of you getting injured
- Thoroughly dry your skin, especially between your toes
- Inspect your feet daily and check the entire surface for signs that puts you at risk of an acute foot attack

### Wound Care Tips

- Keep pressure off affected areas as much as possible
- Change your dressings as advised or when dressing is soaked/dirty
- Keep your dressing clean and dry