



“Look at Me”

Diabetes foot education, early intervention and ongoing support for community and health providers in rural and remote communities

Strategy and Need

The University of South Australia through the Department of Rural Health has developed a series of workshops for Aboriginal Health Workers and Aboriginal Health Practitioners, along with other health clinic staff within Aboriginal Community Controlled Health Organisations and SA Health sites. This project is funded through the South Australian Health and Medical Research Institute (SAHMRI) under the Aboriginal Chronic Disease Consortium.

This was identified as an area of need as there is currently not a module offered focusing specifically on diabetes and feet as part of health worker and health practitioner training in South Australia. Additionally, the rate of diabetes related foot complications has statistically increased.

Implementation

A series of three workshops delivered flexibly over three separate visits to each health service. The workshops have been designed to provide participants with the skills and confidence to ask clients to remove footwear and look at feet for signs of problems.

The three workshops are :

- 1 How to screen for foot problems and recognise common foot problems
- 2 Using telehealth and understanding foot complications
- 3 Undertaking foot assessments and providing client education

Community screening and treatment activities can be scheduled as part of the workshop activity. These are undertaken by the workshop team with the assistance of podiatry students (when available)

Contact with each health service is established through existing connections. Each service is approached asking if they would like the workshops delivered and identifying specific requirements or needs.

The education team are available to travel to the individual health services and deliver the workshops onsite.



Collaboration

The University of South Australia through the Department of Rural Health is working in collaboration with all the other Diabetes-related Foot Complications projects funded through SAHMRI, of which there is six in total. All the projects interface with the “Look at Me” project to facilitate an increase in multi-disciplinary care for Aboriginal and Torres Strait Islander people with diabetes.

Aim

Develop, implement and evaluate a workforce program that makes feet everyone’s business in health through foot education, early intervention and ongoing support.

Contact

Ms Beth Tiernan
Education Co-ordinator Aboriginal Diabetes Foot Education
Department of Rural Health
Allied Health and Human Performance
University of South Australia
E: Beth.Tiernan@unisa.edu.au