

## Simple e-health tool for helping diabetes patients

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**Researchers have developed a simple, standardized e-health tool for the risk assessment of feet.**

A stringently designed web form with questions about foot ulcers, deformities and neuropathy will soon be brought into use to better protect the feet of people with diabetes. The tool is a result of research conducted at Sahlgrenska Academy.

Researchers have developed a simple, standardized e-health tool for the risk assessment of feet. Clear descriptions and pictures guide the person through the 22 self-examination steps so there can be no uncertainty about the patient's status.

The patient is asked questions about, for example, mobility, foot ulcers, numbness and degree of perspiration. Reduced foot perspiration may indicate a nerve injury. Likewise, the presence of a bunion (hallux valgus), hammer toe or other deformity is examined, and so on. All the question variables have been scientifically tested so that a certain condition is always given the same classification and treatment recommendation.

The main advantage of this tool is that the patient's treatment is completed after just one visit and no return appointment after two-three weeks is necessary.