



## Plantar Foot Ulceration and Your Plan of Care

Your diagnosis and type of ulceration:

### Contributing Health Factors:

- Vascular disease/PVD/venous insufficiency +12 months
- Infection, if controlled +2 months
- Immune disorders/chemotherapy +6 months
- Radiation/burn +6 months
- Dialysis +6 months
- Obesity non-healing after 1yr, if unable to offload
- Other: + months

### Negative Lifestyle Factors:

- Poor Nutrition for contributing health factors
- Less than 150 hours/week exercise
- Fragmented, disrupted sleep less than 6 hours or greater than 8 hours
- High stress, negative emotions/family dynamic
- Substance abuse: NSAIDs, Steroids, Alcohol, Tobacco, illegal drugs, etc.

### Treatment Options and Realistic Outcomes

#### BEST CASE:

95% closed in 3 months

- Non-removable Knee-High Walker (NRKHW)
- with complete non-weightbearing, use of crutches, wheelchair, knee-roller

#### 2<sup>nd</sup> BEST CASE:

74% and 95% closed in 3 months

- Non-removable Knee-High Walker (NRKHW)

#### OTHER OPTIONS:

- Removable Knee-High Walker (RKHW) + 3 months
- Ankle-High Walker + 6 months
  
- Therapeutic shoes with foam or felt +12 months
- Removable Knee-High Walker, off in home +12 months
- Therapeutic shoes, slippers in home non-healing after 1yr
- Athletic shoes or any use of slippers non-healing after 1yr
- Poor home wound care instructions non-healing after 1yr
- Other + months

Dr. Pulapaka has advised you of your best options and your current negotiated plan of care.

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Patient Signature/Date

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