

Patient Education & Why It Is Important.

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SerenaGroup
Building the Nation's Leading Wound Care Team



The 2 extremes



- Patients and health consumers nowadays fall into two extremes. There's the information junkie, armed with a bunch of articles and studies found online, or the advice they get from friends and relatives about their medical condition.
- Then there's the little informed as possibly, devil-may-care patient with zero information —and possibly zero interest — about his/her health and medical records. Until something happens.
- Despite the difference between patients, it's clear that patient education should be viewed as an IMPORTANT part of providing quality health care.

Informing and educating your patients.

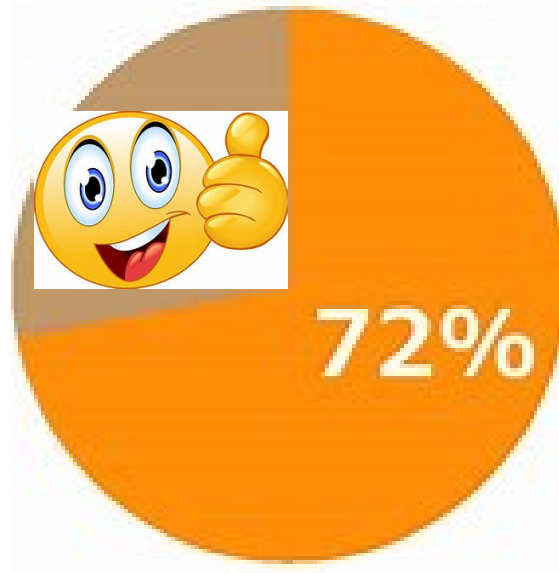
Educating patients can help them manage diseases, or prevent them from occurring in the first place. For instance, by informing a rather unhealthy family about the drastic repercussions of processed and sugary foods, you can help save them from obesity. Inform them how difficult it is to live obese, and the list of medical problems they'll have to deal with once there. Many patients report that they would've tried harder to maintain a healthy weight, if they were fully aware of its unwanted effects.



Patients with illnesses requiring multiple medications, lifestyle modifications, and constant monitoring (i.e. blood pressure, glucose level), need more help on the education front. In most cases, it's not enough to explain all this verbally. The healthcare provider will need to provide educational aids, such as pamphlets and online resources, etc. to ensure compliance and to help them accept the diagnosis.

GALLUP SURVEY

- A Gallup study showed the relation between patient preparedness before a surgery and patient satisfaction with the results. When a patient 'strongly agreed' about knowing what to expect after surgery, 72% are more likely to be satisfied with the surgery results.



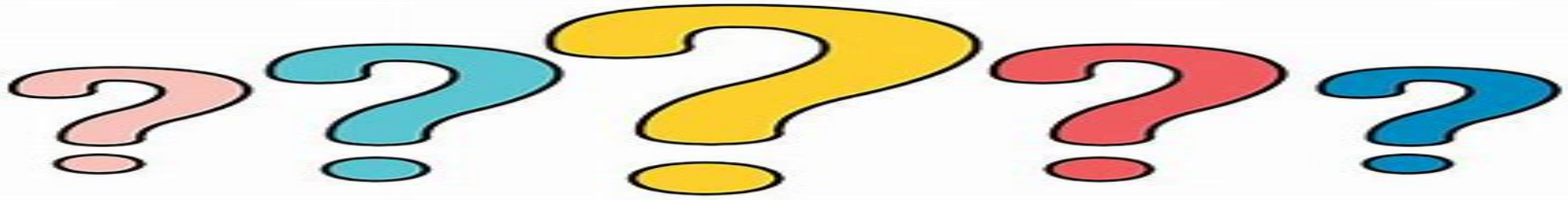
- The study also shows that reports of problems or complications following an operation dropped to 8% if the patient knew what to expect.



Frequently Asked Questions



- **What is Hyperbaric Oxygen Therapy?** Hyperbaric oxygen therapy (HBOT) is a medical treatment which enhances the body's natural healing process by inhalation of 100% oxygen in a total body chamber, where atmospheric pressure is increased and controlled. It is used for a wide variety of treatments usually as a part of an overall medical care plan.
- **How long are the treatments?** You will be placed in one of our chambers for a period of 120 minutes each day. This does not include the time you need to arrive at the facility, change into appropriate clothing and upon completion of your treatment change back into your clothing. A typical Hyperbaric treatment will take two and a half hours from arrival to departure.
- **How many treatments are required?** The number of treatments and duration of each treatment will be determined by the physician. This is based on your diagnosis and your response to treatment. Typical patients require 30-40 visits daily Monday through Friday with the exception of holidays and weekends.



Is Hyperbaric Oxygen Therapy safe? Yes. Hyperbaric Oxygen Therapy is prescribed by a physician and you are always under medical supervision while in our chamber. You are monitored by a specially trained Hyperbaric Technologist who is in the treatment room at all times and a specially trained hyperbaric physician is always available.

Are there any side effects? The most common side effect is barotrauma to the ears and sinuses caused by the change in pressure. To minimize this risk patients learn techniques to promote adequate clearing of the ears during compression or in cases when patients have problems with pressure equalization, tubes may be inserted into the ears. In most cases patient may experience 'popping and or cracking ' at night after there first 2-3 treatments, this will subside and is nothing to be concerned with. Occasionally some patients may experience changes in their vision during their treatment period. These changes are usually minor and temporary. A rare side effect is oxygen toxicity which is caused by administration of too much oxygen.



How should patients prepare for their hyperbaric treatments? Patients should arrive for their treatments 15 minutes prior to their scheduled treatment time. Only clean cotton clothing provided by the center is allowed into the hyperbaric chamber. No cosmetics, perfumes, hair products, deodorants, wigs, under clothing, eyeglass's or jewelry are allowed into the chamber. Patients are also advised not to drink carbonated beverages or alcohol for four hours prior to their treatment. Additionally, patients should give up smoking and nicotine products while receiving hyperbaric treatments as they interfere with the body's ability to transport oxygen. Patents with diabetes get hypoglycemia (low blood sugar) when their bodies don't have enough sugar to use as energy. Each person may have different symptoms. Please help to recognize yours as your blood glucose can drop by an unpredictable amount during your treatment. We will check your glucose level before and after each treatment. We will not treat you if it is below 120, however a high level will delay wound healing, so we will work with you to help control you blood glucose levels.

What is a Diabetic Foot Ulcer?

- A diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes, and is commonly located on the bottom of the foot. Of those who develop a foot ulcer, 6 percent will be hospitalized due to infection or other ulcer-related complication. Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States, and approximately 14-24 percent of patients with diabetes who develop a foot ulcer will require an amputation. **Foot ulceration precedes 85 percent of diabetes-related amputations.** Research has shown, however, that development of a foot ulcer is preventable.



*Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged and hardened arteries.

What causes Diabetic Foot Ulcers?

- Anyone who has diabetes can develop a foot ulcer. Native Americans, African Americans, Hispanics, and older men are more likely to develop ulcers. People who use insulin are at higher risk of developing a foot ulcer, as are patients with diabetes-related kidney, eye, and heart disease. Being overweight and using alcohol and tobacco also play a role in the development of foot ulcers. Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. **Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of ability to feel pain in the feet** due to nerve damage caused by elevated blood glucose levels over time. The nerve damage often can occur without pain, and one may not even be aware of the problem. Your podiatrist can test feet for neuropathy with a simple, painless tool called a monofilament. Vascular disease can complicate a foot ulcer, reducing the body's ability to heal and increasing the risk for an infection. Elevations in blood glucose can reduce the body's ability to fight off a potential infection and also slow healing.



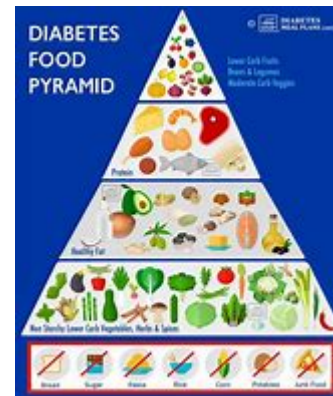


Prevention of a Diabetic Foot Ulcer.

- The best way to treat a diabetic foot ulcer is to prevent its development in the first place.
- Recommended guidelines include seeing a podiatrist on a regular basis. Your podiatrist can determine if you are at high risk for developing a foot ulcer and implement strategies for prevention.
- **Ulceration** Reducing additional risk factors, such as smoking, drinking alcohol, high cholesterol, and elevated blood glucose, are important in prevention and treatment of a diabetic foot ulcer.
- Wearing the appropriate shoes and socks will go a long way in reducing risks. Your podiatrist can provide guidance in selecting the proper shoes.

- Learning how to check your feet is crucial so that you can find a potential problem as early as possible. Inspect your feet every day—especially the sole and between the toes—for cuts, bruises, cracks, blisters, redness, ulcers, and any sign of abnormality.
- Each time you visit a health-care provider, remove your shoes and socks so your feet can be examined. Any problems that are discovered should be reported to your podiatrist as soon as possible; no matter how simple they may seem to you.
- The key to successful wound healing is regular medical care to ensure the following “gold standard” of care:

- Lowering blood sugars with a healthy diet.
- Appropriate debridement of wounds.
- Treating any infection.
- Reducing friction and pressure.
- Restoring adequate blood flow.



TEST TIME

1. Educating patients can help them MANAGE diseases, or PREVENT them from occurring in the first place.
2. A gallup study showed that patient preparedness before a surgery resulted higher patient satisfaction scores.
True or False. **72% more satisfied**
3. Diabetes increases your risk of heart disease and stroke by accelerating the development of clogged and hardened arteries.
True or False
4. Your Patient asks you to suggest a healthy meal for her your best reply is:
 - a. Hot Dogs, French fries and a soda?
 - b. Fried chicken, rice and beans?
 - c. Salmon, 1 1/2 teaspoons vegetable oil, small baked potato, 1/2 cup carrots, side salad?**
 - d. Fast food such as a Big Mac and fries?
5. Patients with Neuropathy:
 - a. Have difficulty performing task as they are mentally challenged?
 - b. Have a loss of sensation in the lower extremities, often resulting in their ulcer?**
 - c. No blood flow to there feet?
6. Bonus question: Foot ulceration precedes 85 percent of diabetes-related amputations.



THANK YOU!

