At-home foot temperature monitoring reduced foot complications in high risk patients with diabetes


What is the effectiveness of at-home, infrared foot temperature monitoring for preventing foot complications in high risk patients with diabetes?

CONCLUSION

In high risk patients with diabetes, at-home infrared, foot temperature monitoring reduced foot complications more than standard care.

A modified version of this abstract appears in Evidence-Based Medicine.

Enhanced therapy with at-home, infrared temperature monitoring v standard therapy for preventing foot complications in high risk patients with diabetes without peripheral vascular disease*

<table>
<thead>
<tr>
<th>Outcomes at 6 months</th>
<th>Enhanced</th>
<th>Standard</th>
<th>RRR (95% CI)</th>
<th>NNT (CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetic foot complications</td>
<td>1/41 (2.4%)</td>
<td>9/44 (20%)</td>
<td>89% (37 to 98)</td>
<td>6 (3 to 18)</td>
</tr>
<tr>
<td>Ulcers</td>
<td>1/41 (2.4%)</td>
<td>7/44 (16%)</td>
<td>85% (11 to 97)</td>
<td>8 (4 to 82)</td>
</tr>
</tbody>
</table>

*Abbreviations defined in glossary; RRR, NNT, and CI calculated from data in article.

MAIN RESULTS

Patients in the enhanced therapy group had fewer diabetic foot complications overall and fewer ulcers (table). The groups did not differ for Charcot fractures (0 v 2), infections (0 v 2 [later required amputation]), or local foot amputations (0 v 2).

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