

Ontario Framework for Lower-Limb Preservation

Change Package

October 2021



**CorHealth
Ontario**

*Advancing cardiac, stroke
and vascular care*



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Implementing Lower-Limb Preservation Change

Implementing the Ontario Framework for Lower-Limb Preservation may be achieved through a number of strategies such as redesigning or enhancing regional lower-limb preservation services, building relationships with regional champions, strategically aligning with key regional partners and/or developing interprofessional communities of practice to support knowledge translation and regional capacity building. Enhanced collaboration and integration of care across the continuum will help to ensure the efficient use of limited health care resources, improve equitable access to early screening and best-practice care and improve the health outcomes and preserve limbs for individuals at risk of non-traumatic major lower-limb amputation in Ontario.

This change package accompanies the Ontario Framework for Lower-Limb Preservation and is a **working document**. It provides a number of actionable change ideas, tools and resources from which lower-limb preservation providers, organizations and champions can select to improve lower-limb preservation care delivery, services and outcomes. Based on regional needs and opportunities, key change ideas, tools and resources can be adopted and/or adapted to test implementation of components of the Framework and to measure and evaluate change success. This change package will be further co-developed by CorHealth and lower-limb preservation stakeholders to support provincial scale-up.

To begin the change process, start by bringing together regional interprofessional lower-limb preservation providers, organizations and champions to discuss the current state, needs and gaps and identify, prioritize and document opportunities for lower-limb preservation change and quality improvement.

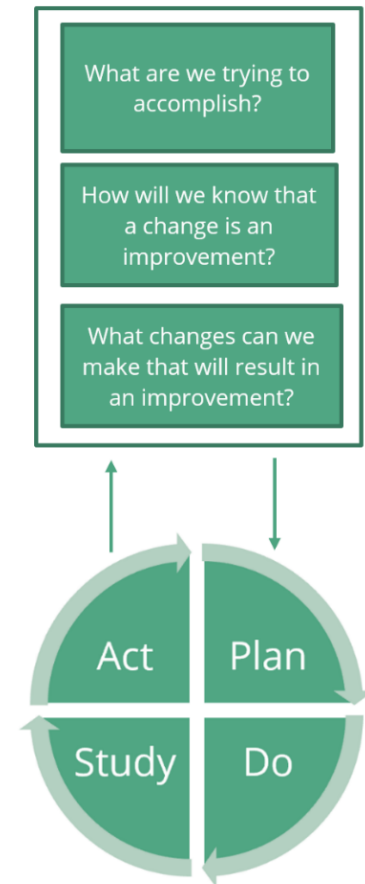


Figure 1. Institute for Healthcare Improvement (IHI) Model for Improvement¹

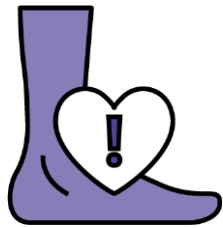
Figure 1 presents the Institute for Healthcare Improvement’s (IHI) Model for Improvement.¹ The model suggests posing three questions. The answers will help to identify regional quality improvement goals, objectives and indicators for measurement. Change ideas can then be selected, implemented and evaluated on a regional scale to assess feasibility. This approach can be accomplished using Plan-Do-Study-Act (PDSA) cycles as indicated in Figure 1. Additionally, the ADKAR change model may also be helpful to support successful implementation of individual change (see Appendix D).² *ADKAR* is an acronym that represents the five milestones or outcomes an individual must achieve for change to be successfully realized: *awareness, desire, knowledge, ability and reinforcement*. When used along with the IHI’s Model for Improvement, it can support the successful implementation of change improvements.

¹ Institute for Healthcare Improvement Model for Improvement <http://www.ihl.org/resources/Pages/HowtoImprove/default.aspx>

² Prosci What is Change Management <https://www.prosci.com/resources/articles/what-is-change-management>

Change Concepts, Ideas, Tools and Resources

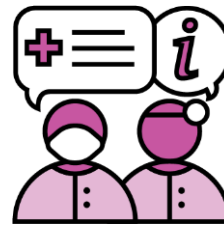
Below are change concepts and ideas that lower-limb preservation providers, organizations and champions can consider adopting and/or adapting to test implementation of the Framework to improve lower-limb preservation care delivery, services and outcomes. Where available, the change ideas are paired with evidence-informed best-practice tools and resources for providers, patients and families, recommended by lower-limb preservation experts and patient and family advisors from across Ontario. The concepts and ideas are grouped into five focus areas:



Prioritizing Lower-Limb Preservation



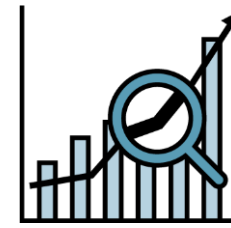
Improving Care Coordination



Equipping Care Teams



Equipping Patients and Families



Measuring Outcomes



Prioritizing Lower-Limb Preservation

Prioritizing Lower-Limb Preservation

| Change Ideas | Tools and Resources |
|--|---------------------|
| Change Concept: Make lower-limb preservation a regional priority | |
| Identify energetic regional champions from across the care continuum (home, primary, community and hospital) to promote and drive lower-limb preservation change | |
| Establish a regional lower-limb preservation leadership table that includes champions from across the care continuum | |
| Conduct a regional environmental scan to identify all potential lower-limb preservation partners, including interprofessional providers, organizations and leaders from across the care continuum | |
| Develop and distribute a list of credentialled wound care experts in the region | |
| Engage with lower-limb preservation leadership from across the care continuum to work collaboratively to identify, leverage and share resources to support regional lower-limb preservation change | |

Prioritizing Lower-Limb Preservation

Change Ideas

Tools and Resources

Change Concept: Identify opportunities for lower-limb preservation change

Identify and engage with relevant Indigenous health programs and organizations as lower-limb preservation partners to understand the complexities of the Indigenous health system and identify how and where support is needed

Indigenous Diabetes Health Circle
<https://idhc.life/>

National Indigenous Diabetes Association
<https://wrha.mb.ca/diabetes-service-directory/national-indigenous-diabetes-association/>

Assembly of First Nations
<https://www.afn.ca/>

Chiefs of Ontario
<http://chiefs-of-ontario.org/>

Nishnawbe-aski Nation
<https://www.nan.ca/>

Engage with lower-limb preservation partners to assess (against the minimum care requirements) and identify regional needs and gaps and prioritize opportunities for change

CorHealth Ontario
[Ontario Framework for Lower-Limb Preservation, October 2021, page 18](#)

Prioritizing Lower-Limb Preservation

| Change Ideas | Tools and Resources |
|---|---|
| Conduct interviews, focus groups or surveys of lower-limb preservation providers, organizations and champions to seek input on and prioritize ideas for change | |
| Map the regional patient journey across the care continuum (e.g., process mapping) to analyze the current state and identify areas for change | HQO Quality Improvement Guide – Process Mapping http://www.hqontario.ca/portals/0/documents/qi/qi-quality-improve-guide-2012-en.pdf |
| Recruit and actively engage with patient and family advisors living with lower-limb wounds and let their experiences, stories and insights guide identification and prioritization of regional change ideas | |
| Change Concept: Action lower-limb preservation change | |
| Develop and implement change action plans to support the delivery of best-practice care including goals, deliverables, responsibilities, timelines and processes for data collection to measure success | HQO Quality Improvement Guide http://www.hqontario.ca/portals/0/documents/qi/qi-quality-improve-guide-2012-en.pdf HQO Getting Started Guide: Putting Quality Standards into Practice https://hqontario.ca/Portals/0/documents/evidence/quality-standards/getting-started-guide-en.pdf |
| Engage with an existing Ontario Health Team to align and coordinate lower-limb preservation care for individuals at risk of lower-limb amputation | |

Prioritizing Lower-Limb Preservation

| Change Ideas | Tools and Resources |
|--|---------------------|
| <p>Work together with regional and/or provincial partners to identify current funding sources, barriers and opportunities and to develop recommendations and advocate for possible funding policy change to support equitable lower-limb preservation care across the province</p> | |
| <p>Establish an interested regional interprofessional team to systematically review lower-limb preservation literature and guide the implementation of evidence-based best-practice</p> | |



Improving Care Coordination

Improving Care Coordination

| Change Ideas | Tools and Resources |
|---|---|
| Change Concept: Support smooth care transitions | |
| Describe and define a regional patient-centred model and shared-care approach that identifies the key care services, providers and locations across the patient care journey and continuum of care, emphasizing points of integration, to support seamless lower-limb preservation care, transitions and coordination | CorHealth Ontario Ontario Framework for Lower-Limb Preservation, October 2021, page 25 |
| Engage with Indigenous health partners to define a culturally safe patient-centred model and shared-care approach that aligns with existing Indigenous health programs and identifies the key care services, providers and locations across the patient care journey and continuum of care, emphasizing points of integration, to support seamless lower-limb preservation care, transitions and coordination | CorHealth Ontario Ontario Framework for Lower-Limb Preservation, October 2021, page 25 |
| Assign regional care coordinators/navigators across the care continuum to coordinate and support timely access to and navigation of patient-centred lower-limb preservation care | |
| Develop and implement hospital discharge processes (e.g., scheduling an early outpatient wound specialist appointment prior to discharge, assessing virtual care readiness) to facilitate a smooth transition to appropriate follow-up care | |

Improving Care Coordination

Change Ideas

Tools and Resources

Change Concept: Support sharing of patient information to improve care coordination

Align regional lower-limb preservation providers and teams to a common platform to allow secure access to and sharing of patient information

Identify and test regional implementation of a standard wound care virtual app to align providers to best-practice wound prevention and management, wound measurement, photos and data

how2trak Wound Care app
<https://www.healthoutcomesww.com/products/how2trak-wound-care>

Swift Skin and Wound app
<https://swiftmedical.com/swift-skin-and-wound-how-a-smartphone-app-is-revolutionizing-wound-care/>

+WoundDesk wound care app
<https://wounddesk.com/>



Equipping Care Teams

Equipping Care Teams

| Change Ideas | Tools and Resources |
|---|---|
| Change Concept: Increase lower-limb preservation provider educational opportunities | |
| <p>Develop a plan and protocols to support continuing education, training and mentorship opportunities to enhance lower-limb preservation care provider knowledge and skills and to maintain competency</p> | <p>Wounds Canada Institute https://www.woundscanada.ca/wci-home</p> <p>Wound, Ostomy and Continence Institute https://wocinstitute.ca/</p> |
| <p>Support lower-limb preservation care providers in exploring Indigenous perspectives to support the delivery of culturally appropriate and safe care</p> | <p>Indigenous Relationship and Cultural Safety Courses, Cancer Care Ontario https://www.cancercareontario.ca/en/resources-first-nations-inuit-metis/first-nations-inuit-metis-courses</p> <p>Indigenous Canada course, Faculty of Native Studies, University of Alberta https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html</p> <p>Indigenous Cultural Safety Collaborative Learning Series</p> |

Equipping Care Teams

| Change Ideas | Tools and Resources |
|--|---|
| | <p>https://www.icscollaborative.com/</p> <p>Royal College of Physicians and Surgeons of Canada – Indigenous Health https://www.royalcollege.ca/rcsite/health-policy/indigenous-health-e</p> <p>Indigenous Ally Toolkit https://segalcentre.org/common/sitemedia/201819_Shows/ENG_AllyToolkit.pdf</p> |
| <p>Establish a regional lower-limb preservation community of practice to engage and align all partners in the work and to share knowledge, provide mentorship and build regional capacity</p> | |
| <p>Provide targeted lower-limb preservation educational opportunities for providers across the care continuum as an effective way to increase expertise, generate interest and to find undiscovered champions, willing participants and supporters</p> | <p>Wounds Canada https://www.youtube.com/user/CAWCnet/videos</p> |
| <p>Develop and provide training for home and long-term care providers (e.g., Personal Support Workers) on wound prevention strategies and early wound identification</p> | |

Equipping Care Teams

Change Ideas

Select and/or develop lower-limb preservation videos to support best-practice assessment

Tools and Resources

Ankle-Brachial Index video from the Wound Care team at St. Michael's Hospital
https://www.youtube.com/watch?v=0_OVILSTAAE

Change Concept: Support lower-limb preservation providers by standardizing care

Develop and adopt standardized vascular/foot screening policies, processes and tools

Inlow's 60-second Diabetic Foot Screen Tool – Wounds Canada
<https://www.woundscanada.ca/docman/public/health-care-professional/162-60-second-foot-screen-2011/file>

Rapid screening for diabetic neuropathy using the 128 Hz vibration tuning fork - Diabetes Canada
<https://guidelines.diabetes.ca/docs/cpg/Appendix-11b.pdf>

Rapid screening for diabetic neuropathy using the 10g Semmes-Weinstein Monofilament - Diabetes Canada
<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Health-care-providers/2018%20Clinical%20Practice%20Guidelines/Appendix-11a-rapid-screening-for-diabetic-neuropathy-using-10g-semmes-weinstein-monofilament.pdf?ext=.pdf>

IWGDF Guideline on the classification of diabetic foot ulcers

Equipping Care Teams

| Change Ideas | Tools and Resources |
|--|--|
| <p>Develop and adopt standardized vascular and wound assessment tools</p> | <p>https://iwgdfguidelines.org/wp-content/uploads/2019/05/07-IWGDF-classification-guideline-2019.pdf</p> <p>Wound, Ischemia and foot Infection (WIFI) classification system https://www.jvascsurg.org/action/showPdf?pii=S0741-5214%2813%2901515-2</p> <p>SINBAD (site, ischemia, neuropathy, bacterial infection, area and depth) system https://www.researchgate.net/publication/5553733_Use_of_the_SINBAD_Classification_System_and_Score_in_Comparing_Outcome_of_Foot_Ulcer_Management_on_Three_Continents</p> <p>Photographic Wound Assessment Tool (PWAT) https://estim4wounds.ca/wp-content/uploads/2013-Revised-PWAT-drop-down-menu.pdf</p> |
| <p>Align providers to a common app for use as a best-practice reference guide and/or to support collaboration, engagement and communication with other providers</p> | <p>Canadian Society of Vascular Nursing Vascular App https://csvn.ca/app/</p> <p>Society for Vascular Surgery SVSConnect App https://vascular.org/news-advocacy/svsconnect-app-now-available</p> |

Equipping Care Teams

| Change Ideas | Tools and Resources |
|---|--|
| | Society for Vascular Surgery Interactive Practice Guideline mobile platform for staging chronic limb-threatening ischemia https://vascular.org/news-advocacy/society-vascular-surgery-launches-mobile-apps-staging-chronic-limb-threatening |
| Develop and distribute standardized regional referral criteria, processes and forms to facilitate referral to a credentialled wound specialist or vascular specialist | |
| Develop standardized progress and discharge processes and reports to facilitate safe, integrated and consistent communication and transition between regional providers across the care continuum | |
| Align wound management products (e.g., cleansers, dressings, compression systems and offloading devices) across the region to support availability and cost savings | Wounds Canada Product Pickers https://www.woundscanada.ca/health-care-professional/183-resources-industry-partner/288-product-picker |
| Develop and implement order sets/standing orders to support evidence-based best-practice individualized lower-limb preservation care | |
| Develop and implement a regional care plan template to support consistent documentation | |
| Develop a plan and processes to embed standardized screening and assessment templates, order sets and/or | |

Equipping Care Teams

| Change Ideas | Tools and Resources |
|--|---|
| automated decision support tools into the electronic medical record or other patient record-keeping system | |
| Change Concept: Support lower-limb preservation providers in delivering best-practice care | |
| Develop processes to ensure lower-limb preservation team members have access to appropriate equipment, tools and resources to support best-practice care delivery | |
| Equip all regional lower-limb preservation primary, home, long-term and community care teams with vascular/foot screening equipment, tools and resources (e.g., hand-held doppler, 10g Semmes Weinstein sensory testing monofilament, standard 128 Hz tuning fork, standard screening tools) | |
| Develop and implement a checklist of the best-practice minimum care requirements with lower-limb preservation providers and organizations across the care continuum | CorHealth Ontario Ontario Framework for Lower-Limb Preservation, October 2021, page 18 |
| Promote the use of eConsult to improve timely access to specialty lower-limb preservation advice and to facilitate communication between primary care providers and specialists | OTN eConsult https://otn.ca/providers/primary-care/econsult/ |
| Establish processes for regular communication (e.g., team meetings) between lower-limb preservation team members to | |

Equipping Care Teams

| Change Ideas | Tools and Resources |
|---|---------------------|
| provide regular opportunities to participate in case study reviews, provide support and improve delivery of best-practice care | |
| Develop and implement a protocol to ensure lower-limb preservation care team follow-up with patients | |
| Expand the lower-limb preservation care team (e.g., with community health workers and/or community pharmacists) | |
| Develop workflows to proactively identify, track and manage patients at risk of lower-limb amputation | |
| Develop advanced medical directives to enable lower-limb preservation health care providers to work to their full scope of practice | |



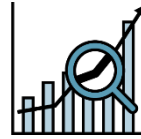
Equipping Patients and Families

Equipping Patients and Families

| Change Ideas | Tools and Resources |
|---|--|
| Change Concept: Engage patients and families in lower-limb preservation quality improvement | |
| Conduct interviews, focus groups or surveys of patient and families to seek input on and prioritize change ideas | |
| Develop a plan to actively engage with patients and families and let their experiences, stories and insights guide regional lower-limb preservation care development and delivery | |
| Regularly post a dashboard of lower-limb preservation goals, objectives and outcomes in a public space to increase awareness with patients and families | |
| Change Concept: Increase patient and family educational opportunities | |
| Select and display consistent lower-limb preservation culturally- appropriate posters in preferred languages in all regional care delivery locations across the continuum of care to educate and create awareness for patients and families | Wounds Canada provider clinic posters https://www.woundscanada.ca/for-clinicians/241-diabetic-healthy-feet-and-you/for-clinicians#posters |
| Develop a user-friendly platform for sharing culturally-safe, understandable and consistent lower-limb preservation educational tools and resources in preferred languages for patients to optimize self-management | See the Patient Toolkit in Appendix A for a list of well-developed tools and resources for patients and families |

Equipping Patients and Families

| Change Ideas | Tools and Resources |
|--|---|
| Engage patients in the use of health technology to help manage their disease through exercise, coaching and education at home | Society for Vascular Surgery Supervised Exercise Therapy (SET) App https://vascular.org/career-tools-training/health-technology |
| Plan and host virtual education events for patients and families in preferred languages and with trusted regional partners | |
| Change Concept: Engage patients and their families in their care | |
| Develop policies and processes to include patients and families in the development and ongoing review of their plan of care and to become active and informed partners in their care | |
| Develop templates to provide patients with a written care summary, self-management plans and follow-up in preferred languages after each care visit | |
| Change Concept: Improve patient and family supports | |
| Develop a hybrid approach (e.g., in person and virtual) to lower-limb preservation care delivery to match patient needs and preferences | |
| Assist patients with high out-of-pocket costs or financial burden to navigate payment options | |
| Select and incorporate tools to regularly assess and develop care plans to improve patient quality of life | |
| Prioritize the assessment of social determinants of health to identify patients at highest risk of amputation and provide additional supports | |



Measuring Outcomes

Measuring Outcomes

| Change Ideas | Tools and Resources |
|---|--|
| Change Concept: Use data to drive improvements in lower-limb preservation care | |
| Engage with regional data experts to acquire and present data and information to inform a comprehensive current state and to determine and prioritize regional opportunities for change | |
| Identify measurable regional outcome, process and structural indicators and key data elements to evaluate implementation of change ideas | |
| Conduct audits or chart reviews to assess current performance on selected outcome, process and structural indicators | |
| Sign up for and utilize the <i>MyPractice: Primary Care</i> report to better understand how your patients are doing with diabetes management and identify areas to improve care for your patients | <i>MyPractice Reports</i> https://www.hqontario.ca/Quality-Improvement/Practice-Reports |
| Collect qualitative data such as stories from lower-limb preservation health care providers or patients and families and lessons learned on change implementation | |
| Compare regional prevalence of vascular disease and/or diabetes to provincial or national data to guide understanding of whether patients with undiagnosed disease might be missed | |

Measuring Outcomes

| Change Ideas | Tools and Resources |
|---|---------------------|
| Change Concept: Engage lower-limb preservation teams, patients and families in measuring and reporting outcomes | |
| Establish and support a knowledgeable and interested interprofessional team, including decision support staff, to participate in and guide lower-limb preservation regional data collection and reporting strategies | |
| Develop a dashboard to regularly communicate lower-limb preservation goals, objectives and outcomes to provide feedback to teams and partners and engage them in driving ongoing quality improvement | |
| Actively engage patient and family advisors in identifying and prioritizing areas to improve the patient and family experience (e.g., Patient Reported Experience Measures (PREMs) and Patient Reported Outcome Measures (PROMs)) | |
| Change Concept: Make lower-limb preservation measurement and reporting an organizational/ regional priority | |
| Make reducing lower-limb amputations a quality improvement measure at the regional level | |
| Develop plans and processes for regional data collection and reporting to measure and evaluate change success | |
| Develop a consistent measurement/audit tool for use regionally to standardize data collection | |
| Establish a regional initiative to track wound care data | |

Appendix A – Patient Toolkit

This is a toolkit of well-developed provincial, national and international tools and resources on lower-limb, foot and wound prevention and management for lower-limb preservation providers to share with patients and families to support their education, understanding and self-management. Care providers, programs and organizations are encouraged to develop a plan (e.g., a user-friendly platform) for sharing culturally-appropriate, understandable and consistent lower-limb preservation educational tools and resources in preferred languages with patients and families to optimize self-management, improve outcomes and preserve limbs.

| General Information | | |
|-----------------------------------|---|---|
| Organization | Topic / Description | Link |
| Diabetes Canada | Diabetic peripheral neuropathy | https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/diabetes-peripheral-neuropathy.pdf?ext=.pdf |
| Indigenous Diabetes Health Circle | Various resources on Indigenous health and wellness | https://idhc.life/resources/ |
| Wounds Canada | Vascular insufficiency | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-vascular/751-vascular-english/file |
| | Neuropathy | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-neuro/806-neuropathy-english/file |

| | | |
|--|----------------|---|
| | Foot deformity | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-deform/822-foot-deformity-english/file |
|--|----------------|---|

| Lower-Limb, Foot and Wound Prevention and Management | | |
|--|--|---|
| Organization | Topic / Description | Link |
| Diabetes Canada | Foot care: a step toward good health | https://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf |
| Indigenous Diabetes Health Circle | Step up with foot care video | https://www.youtube.com/watch?v=lgqXtweP73M |
| | Foot Care Program Education Package | https://idhc.life/wp-content/uploads/2019/05/Foot-Care-Program-Education-Package.pdf |
| National Health Service, England | Foot care video for people with diabetes | https://www.youtube.com/watch?v=sX9Faxnvuhg |
| National Indigenous Diabetes Association | Foot care resources | http://nada.ca/?page_id=1565 |
| Registered Nurses Association of Ontario | Managing foot ulcers in people with diabetes | https://rnao.ca/sites/rnao-ca/files/FINAL_HEFS-Diabetic_Foot_Ulcer_June_17.pdf |
| Wounds Canada | Diabetes, healthy feet, and you | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-brochures/715-woundcare-english-aug-2011/file |
| | Facts on Peripheral Arterial Disease | https://www.woundscanada.ca/docman/public/patient-or-caregiver/873-pad-thinkagain-brochure-patient/file |

| | | |
|--|---|---|
| | Foot Examinations for People with Diabetes | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/767-foot-exam-english/file |
| | Finding the proper shoe fit | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/780-proper-shoe-fit-english/file |
| | Foot care video for people with diabetes | https://www.youtube.com/watch?v=xC-_TqWvU0I |
| | Care at Home Series including resources on safe foot care, changing a dressing, preventing surgical site infections, when to seek help and keeping your home safe | https://www.woundscanada.ca/patient-or-caregiver/care-at-home-series |

| Exercise and Lifestyle | | |
|------------------------|---|---|
| Organization | Topic / Description | Link |
| Diabetes Canada | Benefits of physical activity, addressing motivation, and identifying barriers to physical activity | https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/benefits-of-physical-activity.pdf?ext=.pdf |
| | Physical activity and diabetes information sheet | https://guidelines.diabetes.ca/docs/patient-resources/physical-activity-and-diabetes.pdf |
| | Resistance band exercise video | https://www.diabetes.ca/managing-my-diabetes/tools---resources/resistance-exercise-videos |

| | | |
|---|--------------------------------|---|
| Indigenous Diabetes Health Circle | Sweetgrass fitness video | https://www.youtube.com/watch?v=LsTV4ISGRXQ&t=75s |
| | Sweetgrass yoga video | https://www.youtube.com/watch?v=PNKX9itC_24 |
| | Sweetgrass prenatal yoga video | https://www.youtube.com/watch?v=kleLJo4kt18 |

Checklists, Guides, and Worksheets

| Organization | Topic / Description | Link |
|------------------------|--|---|
| Diabetes Canada | Diabetes and foot care – a patient checklist | https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/diabetes-and-footcare-a-patient-checklist.pdf?ext=.pdf |
| Health Quality Ontario | Diabetic foot ulcers reference guide | https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-diabetic-foot-ulcers-patient-guide-en.pdf |
| Wounds Canada | Personal Foot Care Plan – tool guides: - Healthy Feet Checklist - Personal Plan for Change | https://www.woundscanada.ca/about-dhfy/89-diabetic-healthy-feet-and-you/for-patients-and-public/diabetes-healthy-feet-and-you/your-personal-foot-care-plan https://www.woundscanada.ca/images/Checklist_formJan2017.pdf https://www.woundscanada.ca/images/Plan_to_Change_FormJan2017.pdf |
| | Questions to ask your healthcare professional | https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/793-questions-hp-english/file |

| Mental Health | | |
|--|---|---|
| Organization | Topic / Description | Link |
| Canadian Psychological Association | Psychology Works Fact Sheet: Health Anxiety | https://cpa.ca/psychology-works-fact-sheet-health-anxiety/ |
| Diabetes Canada | Mental health issues and diabetes | https://www.diabetes.ca/managing-my-diabetes/preventing-complications/mental-health-issues |
| National Indigenous Diabetes Association | Mental health and diabetes | http://nada.ca/?page_id=1575 |

| Workshops | | |
|-----------------------------------|---|---|
| Organization | Topic / Description | Link |
| Diabetes Canada | Local programs and events nation-wide, including classes, peer-connect, and other events | https://www.diabetes.ca/get-involved/local-programs---events?Region=&EventType=&SearchText=&Sort=&Page=1 |
| Indigenous Diabetes Health Circle | A variety of videos, webinars and events related to Indigenous health, diabetes and foot care | https://idhc.life/videos/ https://idhc.life/webinars/ https://idhc.life/calendar/ |
| Wounds Canada | Workshops to empower you to become an active partner in your own care with others who have lived with the ups and downs of living with diabetes | https://www.woundscanada.ca/for-patients-public/240-diabetic-healthy-feet-and-you/for-patients-and-public/265-attend-a-workshop-in-your-community |

| Amputation | | |
|--------------|---|---|
| Organization | Topic / Description | Link |
| War Amps | Life as an amputee: lower-limb amputees | https://www.waramps.ca/pdf/english-site/ways-we-help/living-with-amputation/life-as-an-amputee-lower-limb.pdf |

| Websites | |
|---|---|
| Organization | Link |
| Canadian Federation of Podiatric Medicine | https://www.podiatryinfocanada.ca/Knowledge-Centre |
| Canadian Podiatry Medical Association | https://www.podiatrycanada.org/foot-health/ |
| Canadian Society for Vascular Surgery | https://canadianvascular.ca/Patients |
| Diabetes Canada | https://www.diabetes.ca/en-CA/about-diabetes |
| Diabetes Canada Tools and Resources | https://www.diabetes.ca/resources/tools---resources?Categories=&ResourceToolType=&SearchText=&Sort=alwaysontop&Page=1 |
| Indigenous Diabetes Health Circle | https://idhc.life/ |
| National Indigenous Diabetes Association | http://nada.ca/ |
| Ontario Podiatry Medical Association | http://www.opma.ca/Foot-Health-Information |
| Ontario Society of Chiropodist | https://www.ontariochiropodist.com/Public/foot-health.html |
| Society for Vascular Surgery | https://vascular.org/patients |
| War Amps – Living with Amputation | https://www.waramps.ca/ways-we-help/living-with-amputation/ |
| Wounds Canada | https://www.woundscanada.ca/patient-or-caregiver |

Appendix B – Guidelines, Standards and Best-Practice Recommendations

- **Health Quality Ontario (HQO)** Quality Standards: Diabetic Foot Ulcers (2017) <https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-diabetic-foot-ulcers-clinical-guide-en.pdf>
- **International Working Group on the Diabetic Foot (IWGDF)** Guidelines on the Prevention and management of Diabetic Foot Disease (2019) <https://iwgdfguidelines.org/guidelines/guidelines/>
- **Wounds Canada** Best Practice Recommendations for the Prevention and Management of Diabetic Foot Ulcers (2019) <https://www.woundscanada.ca/docman/public/health-care-professional/bpr-workshop/895-wc-bpr-prevention-and-management-of-diabetic-foot-ulcers-1573r1e-final/file>
- **Wounds Canada** Best Practice Recommendations for the Prevention and Management of Peripheral Arterial Ulcers (2020) <https://www.woundscanada.ca/docman/public/health-care-professional/bpr-workshop/1690-wc-bpr-prevention-and-management-of-peripheral-arterial-ulcers-1921e-final/file>
- **Wounds Canada** Pathway for Preventing and Managing Diabetic Foot Complications (2019) <https://www.woundscanada.ca/docman/public/limb-preservation-in-canada/2019-vol-1-no-1/1531-lpc-summer-2019-v1n1-final-p-55-61-df-inforgraphic/file>
- **Registered Nurses' Association of Ontario (RNAO)**: Assessment and Management of Foot Ulcers for People with Diabetes, Second Edition (2013) https://rnao.ca/sites/rnao-ca/files/Assessment_and_Management_of_Foot_Ulcers_for_People_with_Diabetes_Second_Edition1.pdf
- **Diabetes Canada** Clinical Practice Guidelines: foot care (2018) <https://guidelines.diabetes.ca/docs/cpg/Ch32-Foot-Care.pdf>

- The management of diabetic foot: A clinical practice guideline by the **Society for Vascular Surgery (SVS)** in collaboration with the American Podiatric Medical Association and the Society for Vascular Medicine (2016) [https://www.jvascsurg.org/article/S0741-5214\(15\)02025-X/pdf](https://www.jvascsurg.org/article/S0741-5214(15)02025-X/pdf)
- **NICE** Guideline: Diabetic foot problems: Prevention and Management (2019) <https://www.nice.org.uk/guidance/ng19/resources/diabetic-foot-problems-prevention-and-management-pdf-1837279828933>
- **Wounds International** Best Practice Guideline: Wound Management in Diabetic Foot Ulcers (2013) <https://www.woundsinternational.com/resources/details/best-practice-guidelines-wound-management-diabetic-foot-ulcers>
- 2016 **AHA/ACC** Guideline on the Management of Patients With Lower Extremity Peripheral Artery Disease: Executive Summary A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines (2016) <https://www.ahajournals.org/doi/epub/10.1161/CIR.0000000000000470>
- **Global vascular guidelines** on the management of chronic limb-threatening ischemia (2019) [https://www.jvascsurg.org/article/S0741-5214\(19\)30321-0/fulltext](https://www.jvascsurg.org/article/S0741-5214(19)30321-0/fulltext)
- **Wound, Ostomy and Continence Nurses (WOCN) Society** Guideline for Management of Wounds in Patients with Lower-Extremity Arterial Disease (2014) <https://www.wocn.org/page/guidelinesseries>
- **Wound, Ostomy and Continence Nurses (WOCN) Society** Guideline for Management of Wounds in Patients with Lower-Extremity Neuropathic Disease (2012) <https://www.wocn.org/page/guidelinesseries>
- **Wound, Ostomy and Continence Nurses (WOCN) Society** Guideline for Management of Wounds in Patients with Lower-Extremity Venous Disease (2019) <https://www.wocn.org/page/guidelinesseries>

Appendix C – Provider Websites

| Provider Websites | |
|---|---|
| Organization | Link |
| Canadian Federation of Podiatric Medicine | https://www.podiatryinfocanada.ca/ |
| Canadian Podiatry Medical Association | https://www.podiatrycanada.org/ |
| Canadian Society of Vascular Nursing | https://csvn.ca/ |
| Canadian Society for Vascular Surgery | https://canadianvascular.ca/ |
| Diabetes Canada | https://www.diabetes.ca/ |
| Health Quality Ontario | https://www.hqontario.ca/ |
| Indigenous Diabetes Health Circle | https://idhc.life/ |
| International Working Group on the Diabetic Foot | https://iwgdfguidelines.org/ |
| National Indigenous Diabetes Association | http://nada.ca/ |
| Nurses Specialized in Wound, Ostomy and Continence Canada | http://nswoc.ca/ |
| Ontario Podiatry Medical Association | http://www.opma.ca/ |
| Ontario Society of Chiropractors | https://www.ontariochiropract.com/ |

| Provider Websites | |
|---|---|
| Organization | Link |
| Registered Nurses Association of Ontario | https://rnao.ca/ |
| Society for Vascular Surgery | https://vascular.org/ |
| War Amps | https://waramps.ca/home/ |
| Wounds Canada | https://www.woundscanada.ca/ |
| Wounds International | https://www.woundsinternational.com/ |
| Wounds, Ostomy, and Continence Nurses Society | https://www.wocn.org/ |

Appendix D - ADKAR Change Model

Change is often a complex and difficult process, particularly in our health care system. Change management is the discipline that guides how we prepare, equip and support individuals to successfully adopt change to drive program/organizational success and outcomes. Individual change management means understanding how one person successfully makes a change. Organizations don't change, individuals do. No matter how large the initiative, its success ultimately lies with each individual doing their work differently, multiplied across all of the individuals in the program or organization impacted by the change. If individuals embrace and adopt changes required by the initiative, it will deliver the expected results. One model to support successful implementation of individual change is the ADKAR Model², one of the most widely used change models in the world. *ADKAR* is an acronym that represents the five milestones or outcomes an individual must achieve for change to be successfully realized: *awareness, desire, knowledge, ability and reinforcement*. Approaching change using the ADKAR Model will help to plan effectively for change improvements. Additionally, if a current change is failing, the model can immediately diagnose where the process is breaking down so that effective corrective action can be taken. This results-oriented approach helps focus energy on the area(s) that will produce the highest probability for success. It is a valuable framework that provides structure and guidance for organizational leaders, change managers and project managers to understand, lead, manage and effectively motivate and drive change in others and produce results. When used along with the IHI's Model for Improvement, this Model can support the successful implementation of change improvements.

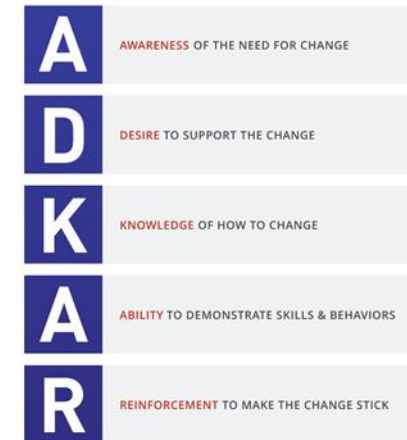


Figure 2. - Prosci ADKAR Model²