

Appendix J: DFU-VIPS

The DFU-VIPS is an acronym that assists as a memory aid for items to assess when providing care to a person at risk of or living with a DFU (302).

As with all procedures, specialized health providers must be aware of the scope of practice and follow regulatory body guidelines. Specialized health providers should only care for persons at risk of or living with a DFU when they possess the necessary knowledge, skill and judgment. Specialized health providers should also follow organizational policies and procedures related to DFU treatment and care.

EXPLANATION	
D – Diabetes management	<ul style="list-style-type: none"> Optimize blood glucose control Manage co-morbidities (e.g., blood pressure, lipids, kidney function, nutrition, smoking) Assess psychosocial status
F – Foot/find the cause	<ul style="list-style-type: none"> Determine the cause of ulcer and remove the risk factor (e.g., inadequate footwear, poor self-care, trauma, vasculopathy) Foot screening inspection Assess for neuropathy Educate client on appropriate self-care
U – Ulcer	<ul style="list-style-type: none"> Wound assessment Wound treatment plan: moisture balance, bacterial burden and debridement
V – Vascular supply	<ul style="list-style-type: none"> Assess for blood flow
I – Infection	<ul style="list-style-type: none"> Clinical signs and symptoms* Wound swabs, tissue/bone culture Imaging
P – Pressure	<ul style="list-style-type: none"> Offloading devices Decrease weight bearing activities Appropriate footwear Pressure can be from foot deformity, inappropriate footwear, callus
S – Sharp debridement and social determinants of health	<ul style="list-style-type: none"> Sharp debridement Removal of callus and necrotic tissue in persons with adequate blood flow Social determinants of health Assess the person’s social supports, medical supplies and assistive devices, financial support, and travel arrangements

* Health providers are to be aware that diabetes impacts inflammatory responses

Source: Adapted with permission from: Skin and Wound Care: Diabetic Foot or Neuropathic Ulcer. In: Nova Scotia Health [Internet]. Halifax (NS): Nova Scotia Health Authority; [updated 2024 Aug 1]. Available <https://library.nshealth.ca/WoundCare/DiabeticFoot>