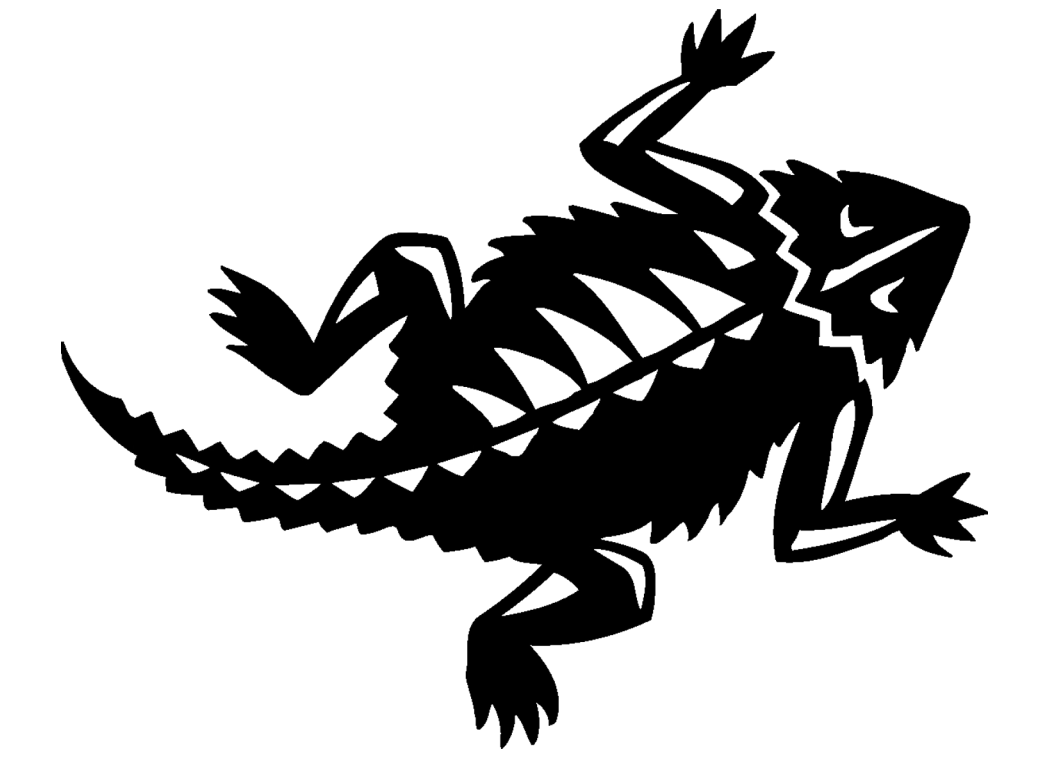




From Education to Action: Preventing Diabetic Foot Complications in the Unhoused Population of Fort Worth



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Abstract

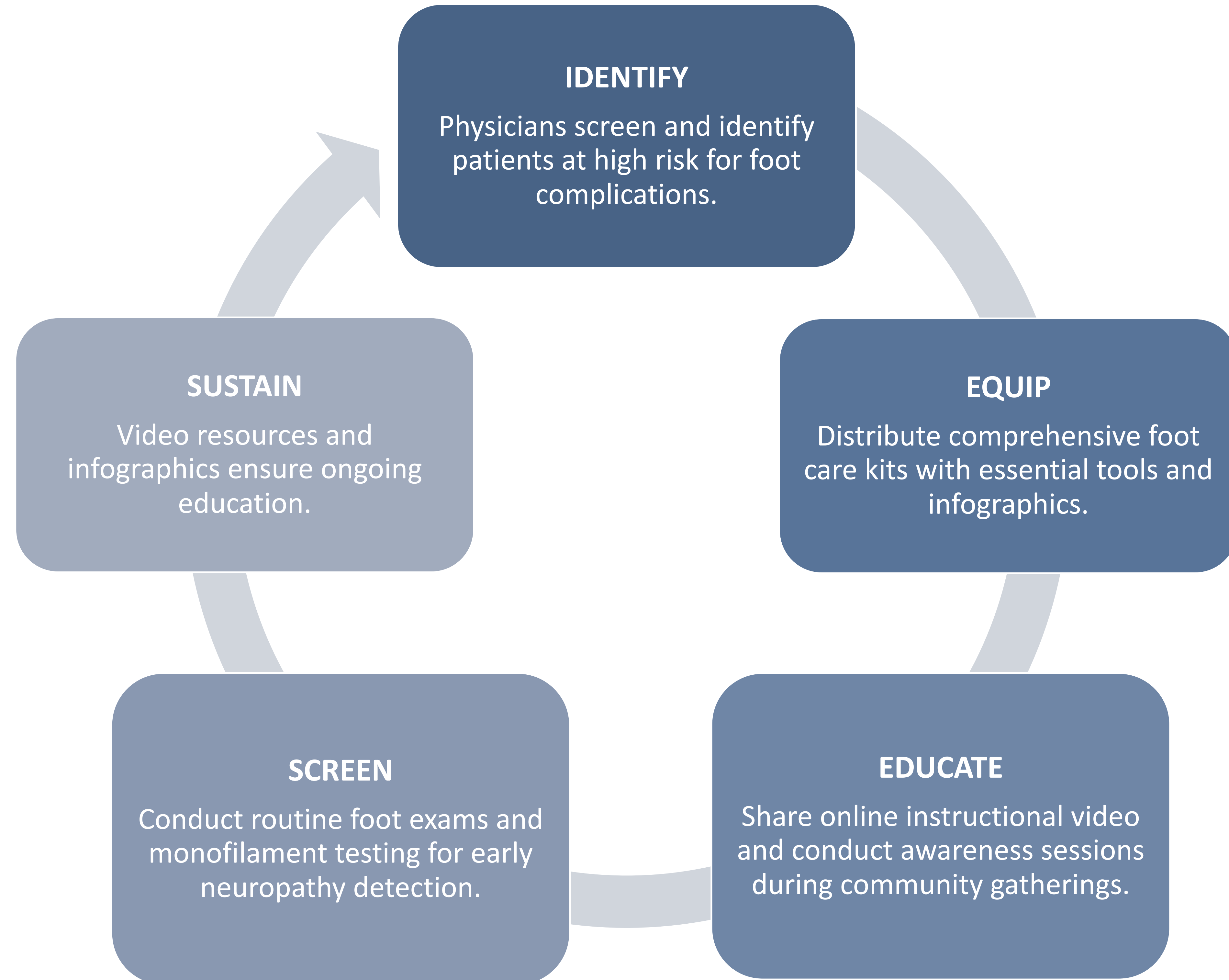
Unhoused individuals with diabetes frequently present to the Beautiful Feet Ministries Medical Clinic with preventable foot complications due to limited access to foot care supplies and limited education on preventive practices. This project addresses these gaps through a combined resource distribution and educational intervention model. Free foot care kits, patient-friendly educational materials, and an instructional video were developed to support preventive foot care and improve recognition of warning signs. Awareness workshops further expand outreach and encourage clinic-based foot screenings. By integrating accessible resources with targeted education, this initiative aims to empower unhoused individuals with diabetes to take a proactive role in their foot health and reduce avoidable complications.

Introduction

- **High Risk Population:** People experiencing homelessness face significant foot health challenges.
- **Compounding Risk Factors:** Prolonged walking, poor hygiene, inadequate footwear, and frequent injuries worsen outcomes.
- **Diabetes Intensifies the Danger:** Peripheral neuropathy (loss of sensation), poor circulation, increased risk of ulcers and infection, and possible amputation if untreated.
- **Evidence of Urgent Need:** A study by Arnaud et al. reported the following statistics among unhoused individuals with diabetes:
 - 41% had difficulty walking
 - 42% had a loss of foot sensitivity
 - 43% had permanently reduced mobility
 - 17% experienced lower limb amputation

(Reference: <https://doi.org/10.1093/eurpub/ckp197>.)

Methodology

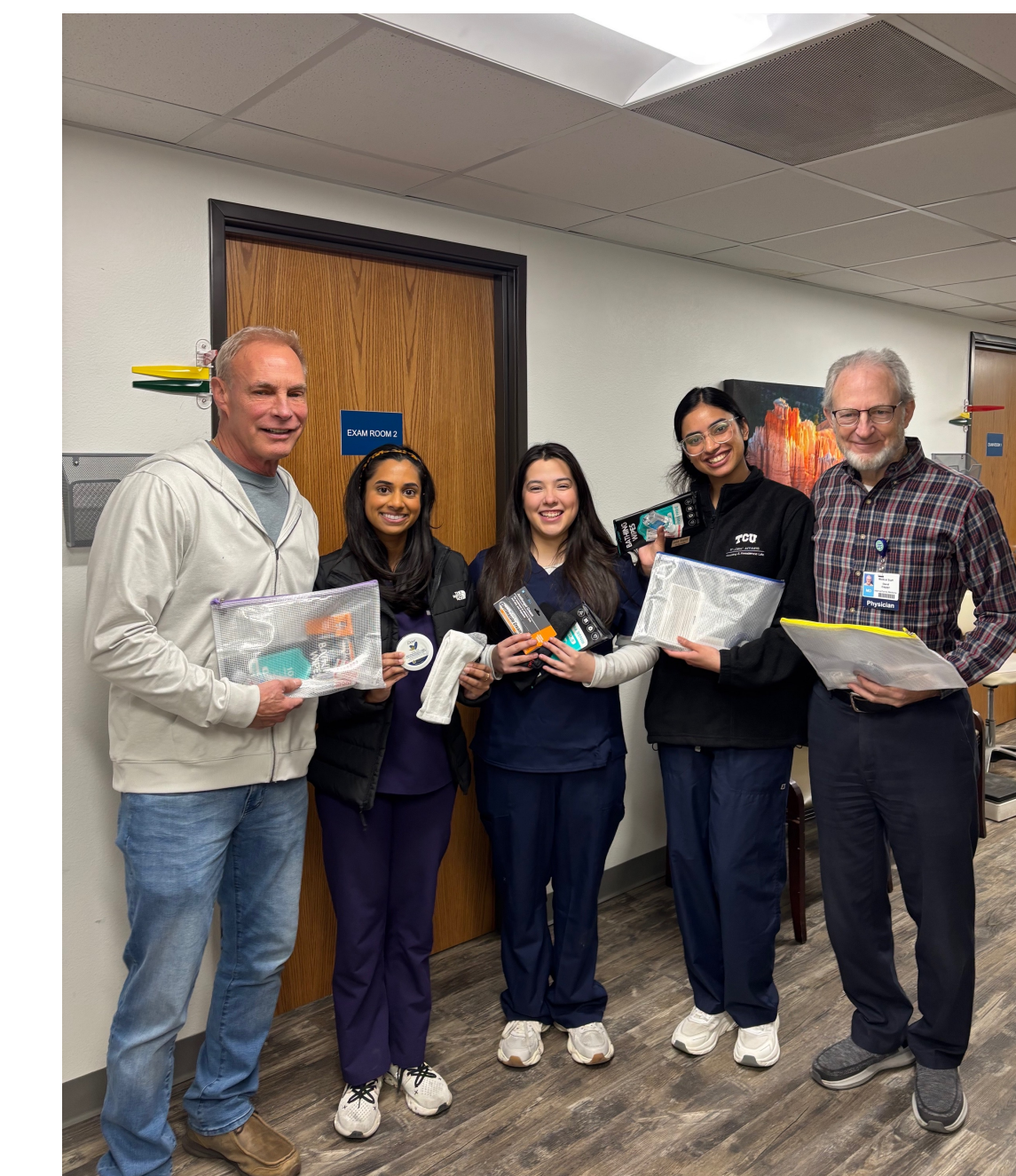


- FOOT CARE KITS**
- ✓ Waterproof bags with zippers
 - ✓ Moisture-wicking socks
 - ✓ Nail clippers & files
 - ✓ Moisturizer
 - ✓ Cleansing wipes
 - ✓ Hand sanitizer
 - ✓ Hand-held mirror
 - ✓ Antifungal & antibacterial ointments

- EDUCATIONAL ELEMENTS**
- ✓ An online **video**, filmed & edited to demonstrate a regular foot care routine.
 - ✓ An **infographic** containing step-by-step instructions with pictures on how to maintain foot hygiene.
 - ✓ An educational **brochure** on diabetic foot complications to enhance awareness and encourage prevention.

Results

- **48 foot care kits** were prepared and donated to the medical clinic.
- A **5-minute-long instructional video** was filmed, edited, and uploaded online and made accessible using a QR code.
- **Over 100 infographics and brochures** were printed for distribution.
- **2 awareness sessions** were hosted to reach the local unhoused population.



Future Directions

- Brochures and infographics will be available at the clinic for continued distribution.
- Online instructional video will continue to be shared as needed.
- Based on feedback from patients and providers, foot care kits may be improved for distribution in the future.

Acknowledgements

