

## Outcome Measure Recommendation

Based on the newly updated Diabetic Foot Ulcer Beyond Wound Closure: Clinical Practice Guideline, it is recommended:

*“This Clinical Practice Guideline recommends that physical fitness and activity are included and measured for adults who have diabetes with and without foot ulceration. Exercise and physical activity should be prescribed according to the individual’s current condition, physiologic response to exercise, and preference to optimize long-term quality of life and reduce health care costs.”*

There is limited evidence on normative data for persons with Diabetes with the majority of outcome measures/standardized assessments in use today. Using current available research and the new Clinical Practice Guideline, eighteen outcome measures have been identified as appropriate with this population.

The intent of this document is to provide a guide for selecting appropriate outcome measures for each unique patient situation and provide clear directions for performing outcome measures. Outcome measures are categorized by practice setting, mobility/fitness level, weight-bearing status, construct measured, usefulness in entry-level teaching and research use.

Outcome measures for persons with Diabetes with or without diabetic foot ulcer are ranked as either “highly recommended”, “recommended”, or “may be appropriate,” for each of the International Classification of Functioning, Disability and Health (ICF) categories and specific constructs of tests and measures.

Flashcards and charts are provided for ease of use for printing and laminating. It is the responsibility of the clinician to modify the guidelines to best fit their clinical practice and needs of their clinical environment as necessary.

### Relevant Terms:

*Outcome Measures:* tool used to assess the effect of an intervention or treatment, often used to demonstrate baseline performance and progress.

*ICF:* a comprehensive framework developed by the World Health Organization to classify health and health-related domains, focusing on functioning and disability.

*Constructs:* that which is measured either directly or indirectly.

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