

OBJECTIVES OF THE PACT PROGRAM

For the Veterans at risk of limb loss or who have had an amputation:

To provide treatment by a team of specialists.

To prevent amputation through early detection and treatment of the patient.

Education about proper foot care.

REPORT TO YOUR CLINICIAN WHEN YOU HAVE:

Redness/Swelling/Bruises/

Corns/Calluses/Blisters/

Burns/Punctures/Cuts/

Fungus Infections/

Ingrown Toenails &

Other Foot Problems

A SERVICE OF THE:

CENTRAL TEXAS VETERANS HEALTH CARE SYSTEM

FOR MORE INFORMATION:

CONTACT PACT CLINICIANS AT ANY OF THE FOLLOWING THE CENTRAL TEXAS VETERANS HEALTH CARE SYSTEM SITES:

Austin Outpatient Center:

2901 Montopolis Drive

Austin, TX 78741

512-389-1010, Ext. 46631

Temple Facility:

1901 South First Street

Temple, TX 76504

254-743-2633

Waco Facility:

4800 Memorial Drive

Waco, TX 76711

254-297-5145

P *reservation*

A *mputation*

C *are*

T *reatment*

A team approach to specifically address the client at risk for amputation.

What is PACT?

The Preservation-Amputation-Care and Treatment Program was set up to expand the care and treatment of clients at risk of losing a toe, foot, or leg; or, who have a prior amputation. The goal of the PACT Program is to help prevent or delay limb loss. Your case would be managed by a rehabilitation physician, vascular and orthopedic surgeons, nurse podiatrist, therapist and prosthetic/orthotic staff. The PACT Program will follow you from entry into the VA health-care system, through all levels of care, and back into the community.

The PACT Clinic is an outpatient & inpatient referral clinic with a goal of **Prevention** of foot sores or amputation. This is the key goal of the PACT Program.

Amputation care and rehabilitation is provided for the client who has had an amputation.

Care and **treatment** of foot blisters, open sores, and associated medical problems, are provided to the client, as needed.

Who is at risk for Limb Loss?

Patients with the following health problems or risk factors:

- ◆ **Diabetes**
 - ◆ **Poor Circulation**
 - ◆ **Decreased use of lower legs**
 - ◆ **Non-healing Sores of the Lower Legs**
 - ◆ **Amputation**
 - ◆ **Cellulitis of Lower Legs**
 - ◆ **Foot Deformities**
- ◆ **Smoking**

Referral Criteria and Process

You can be referred to the PACT Clinic by your primary care physician if you have a history of diabetes or any other condition which might cause permanent or increased loss of feeling or blood flow in your feet or lower legs.

Services Offered

The PACT Clinic provides as appropriate:

- ◀ **Prosthetic & Podiatry Referrals**
- ◀ **Patient Education**
- ◀ **Follow-up Evaluations**

You can improve blood flow to your feet and legs by:

- ◆ **Stop Smoking**
- ◆ **Control blood sugar and blood pressure**
- ◆ **Exercise regularly as ordered by your physician**
- ◆ **Try to keep normal body weight**
- ◆ **Eat a well balanced diet**
- ◆ **Wear supportive, comfortable shoes**
- ◆ **Sit with legs uncrossed**
- ◆ **Avoid sandals or shoes with sling-back heels or open toe**

Foot problems can become a major concern for someone with diabetes. This is why people with diabetes are 15 times more likely to have a foot or lower leg amputation than someone without diabetes.

Early treatment can reduce the risk of serious infection or amputation.