Supplementary table 1. Detailed contents of care education for patients in IEP group

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| Items | contents |
| Care of diabetic foot lesions | 1. The wounds of infection, ulcers and gangrene should be treated according to the situation, so as to keep the wound clean 2. Change fresh dressing for the wound daily 3. Insist on daily rinse for the wound |
| Care of affected extremity | 1. Raise the affected limb from 30 to 40 degrees, so as to facilitate venous return and prevent edema of the lower extremities 2. Pay attention to the protection of heel and internal and external malleolus, use bracket or sponge pad to avoid pressure sore 3. Passive exercise should be performed daily to avoid lower limb muscle atrophy. And alcohol massage on lower limbs could be used to promote blood circulation in lower extremities |
| Diet care | 1. Correctly formulate the proportion of three nutrients in sugar, protein and fat in the total heat, so as to meet body’s needs of total heat and various nutritional components 2. Meals should be regular and quantitative and the heat distribution of three meals could be 1/5, 2/5 and 2/5 |
| Calf and foot exercise | 1. keep a foot on the cushion about 2 cm, hand the back of the chair, swing the other foot back and forth, repeat 10 times, then change the other foot, and do 10 more times 2. Arms crossed on the chest, sit down and stand up, repeat 10 times |
| Attentions and taboos | 1. It was forbidden to give intravenous injection to the lower extremities 2. Did not sit on the legs for a long time or walk long distances 3. Disable electric blankets, hot water blankets, physiotherapy, baking feet of stove, so as not to be scalded 4. Did not walk barefoot, nor wear sandals, slippers and leather shoes |

IEP: intensive education program.