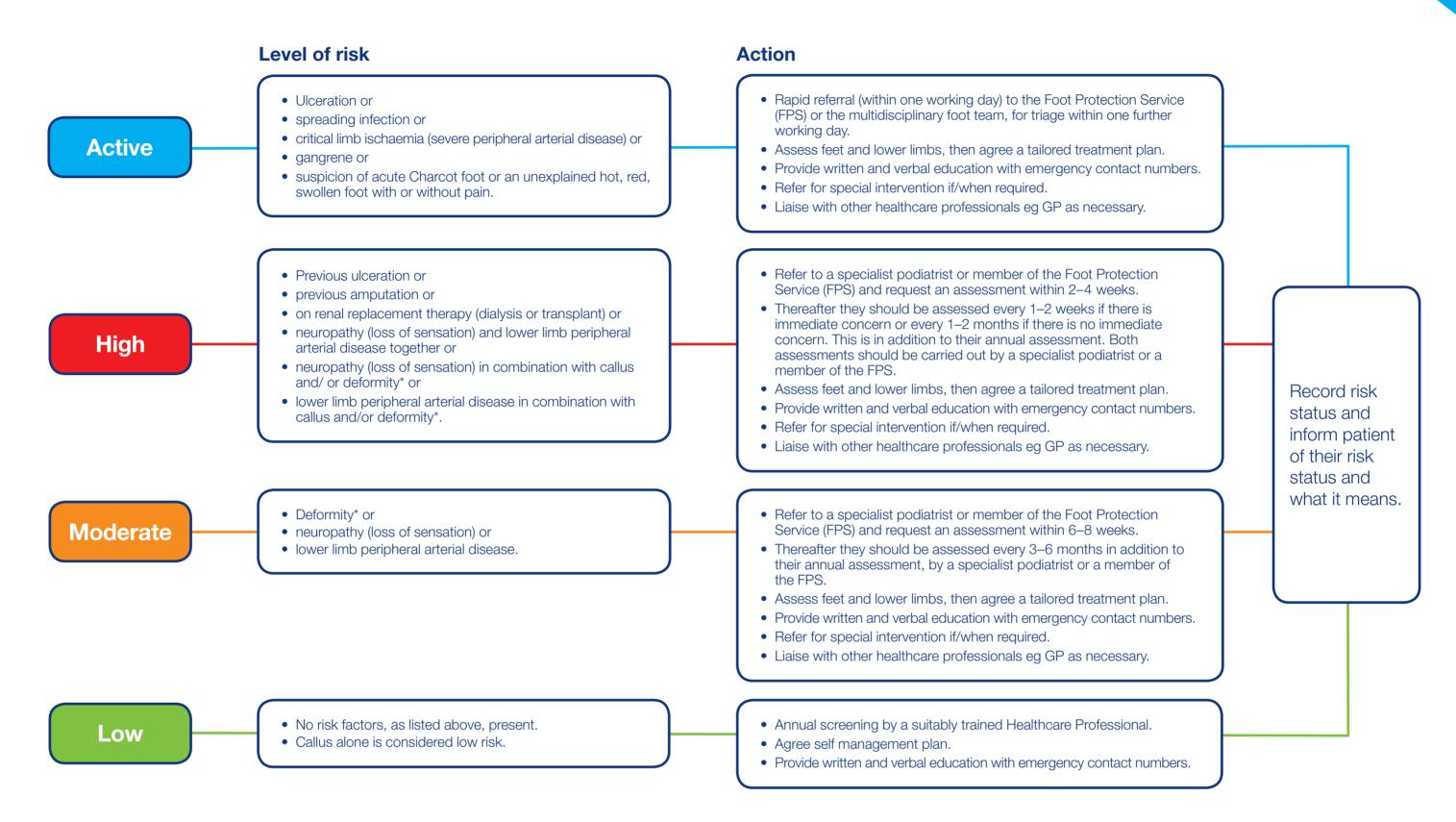




Identification of foot status and what action to take



Annual foot review for everyone with diabetes over 12 years old

How to do an annual foot check	Advise the patient to:
 ☐ Remove shoes and socks/stockings. ☐ Test foot sensations using 10g monofilament or vibration with a tuning fork or recognised device. ☐ Palpate foot pulses. ☐ Inspect for any deformity or discolouration. ☐ Inspect for significant callus and areas of cracked skin. ☐ Check for signs of ulceration. ☐ Ask about any previous ulceration. ☐ Inspect footwear. ☐ Ask about any pain. ☐ Tell patient how to look after their feet and provide written information. ☐ Tell patient their risk status and what it means. Explain what to look out for and provide emergency contact numbers. 	Check their feet every day. Be aware of loss of sensation. Look for changes in the shape of their foot. Not use corn removing plasters or blades. Know how to look after their toenails. Wear shoes that fit properly. Maintain good blood glucose control. Attend their annual foot review. Look for discolouration. Talk to them about the importance of stopping smoking and signpost to help and support to quit.

*A change in foot shape that results in difficulty in fitting a standard shoe, as assessed by the practitioner.

These risk categories relate to the use of the SCI-DC foot risk stratification tool and NICE guidance (NG19, 2015).

Produced by the Scottish Diabetes Foot Action Group



















