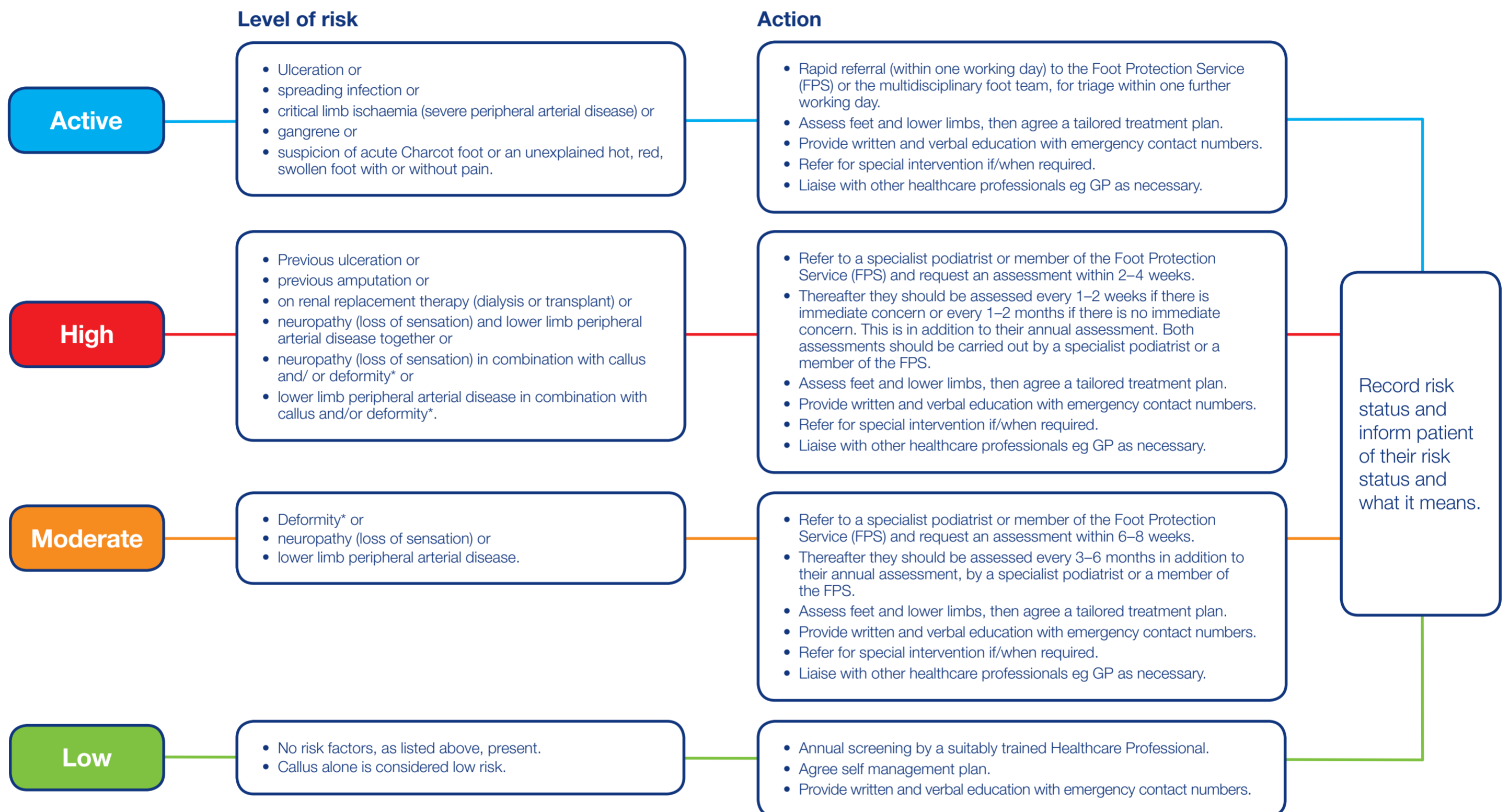


Putting feet first



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

- 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.

Advise the patient to:

- 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).