



Are your patients at risk for diabetes-related foot complications?

Remember to...
Look, Feel and Ask.

- 1. SKIN:** Is the skin dry or calloused? Are there open areas such as blisters or ulcers?
- 2. NAILS:** Are nails well kept or unkempt?
- 3. DEFORMITY:** Have there been changes to the bony structure of the foot? They may be indicative of Charcot.
- 4. FOOTWEAR:** Does the patient's footwear fit properly? Are the shoes appropriate for the activity for which they are being used?
- 5. TEMPERATURE:**
Is the foot cool? This may be indicative of arterial disease.

Is the foot hot? This may be indicative of inflammation, infection or Charcot.
- 6. RANGE OF MOTION:** Check the hallux range.
- 7. SENSATION:** Use a monofilament to test 10 sites on the foot to detect potential neuropathy.
- 8. SENSATION:** Ask 4 questions to detect potential neuropathy:
 - Are your feet ever numb?
 - Do they tingle?
 - Do they ever burn?
 - Do they feel like insects are crawling on them?
- 9. PEDAL PULSES:** Are pulses present, absent or bounding?
- 10. DEPENDENT RUBOR:** This may be indicative of poor arterial flow or perfusion.
- 11. ERYTHEMA:** This may be indicative of inflammation, infection or Charcot changes.

Frequency of assessment is dependent on findings.

* Based on Inlow 60-Second Foot Screen

For Best Practice Recommendations for the Prevention, Diagnosis and Treatment of diabetic foot ulcers, please visit: www.cawc.net

For more information about diabetes, please visit: diabetes.ca

Order additional resources online at: orders.diabetes.ca

For patient education on topics covered in this brochure, refer to the patient brochure or visit diabetes.ca/footcare

Canadian Association of Wound Care

642 King Street West, Suite 234
Toronto, ON M5V 1M7
1-866-474-0125
www.cawc.net/diabetesandhealthyfeet

Canadian Diabetes Association

1400-522 University Ave.
Toronto, ON M5G 2R5
diabetes.ca | 1-800-BANTING (226-8464)



This brochure is an educational enabler and should not be used for any diagnostic or therapeutic decisions.



Diabetes, Healthy Feet AND Your Patients



How healthy are YOUR patients' feet?

Look at your patient's feet and know the signs.

Are your patient's feet...

What you can do to help your patient.



Numb, painful or tingling?

IF YES

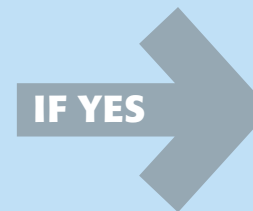


- Monitor blood glucose management.
- Refer patient for professional nail and skin care.
- Refer patient for professionally fitted footwear.



Showing signs of bony changes or deformities?

IF YES

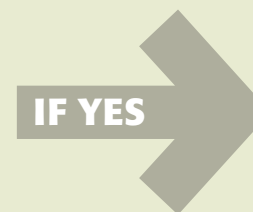


- Assess for bony deformities or Charcot changes.
- Refer patient for professionally fitted or custom footwear.



Dry, cracked, blistered or ulcerated?

IF YES

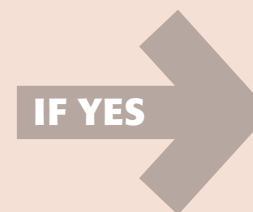


- Refer patient for professional skin care to manage callouses.
- Treat ulcer based on depth of injury, presence of infection and/or ischemia.
- Recommend non-weight bearing in the presence of a plantar ulceration.
- Refer patient for non-weight bearing footwear.



Displaying dependent rubor, signs of ischemia and/or gangrenous ulcers?

IF YES



- Refer patient for vascular assessment.
- Assess and manage pain.
- Refer patient for professionally fitted footwear.
- Treat ulcers based on depth of injury, presence of infection and/or ischemia.
- Recommend smoking cessation.