



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 cardiovascular disease and diabetes, please visit: diabetes.ca/documents/about-diabetes/Synopsis_Final.pdf

To purchase monofilaments, visit the CAWC Boutique: <http://cawc.net/index.php/resources/store>

For patient education on topics covered in this brochure, refer to the patient brochure or visit www.cawc.net/diabetesandhealthyfeet

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CLINICIAN'S BROCHURE

Canadian Association
of Wound Care



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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.

