



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

Remember to...  
Look, Feel and Ask.

1. **SKIN:** Is the skin dry or callused? 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 arthropathy.
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 arthropathy.
6. **RANGE OF MOTION:** Check the hallux range.
7. **SENSATION:** Use a monofilament to test 10 sites on each 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 arthropathy changes.

Frequency of assessment is dependent on findings.

\* Based on Inlow 60-Second Foot Screen: [www.woundscanada.ca/footscreen](http://www.woundscanada.ca/footscreen)

For Best Practice Recommendations for the Prevention and Management of Diabetic Foot Ulcers, please visit: [www.woundscanada.ca/bprs](http://www.woundscanada.ca/bprs)

For more information about cardiovascular disease and diabetes, please visit: [www.diabetes.ca/about-diabetes](http://www.diabetes.ca/about-diabetes)

To purchase monofilaments, visit the Wounds Canada Boutique: [www.woundscanada.ca/eboutique](http://www.woundscanada.ca/eboutique)

For patient education on topics covered in this brochure, refer to the patient brochure or visit [www.woundscanada.ca/about-dhfy](http://www.woundscanada.ca/about-dhfy)



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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.**



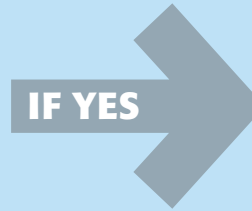
**Numb, painful or tingling?**



- 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?**



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



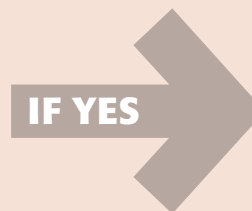
**Dry, cracked, blistered or ulcerated?**



- Refer patient for professional skin care to manage calluses.
- 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?**



- 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.