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

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

For more information about cardiovascular disease and diabetes, please visit: www.diabetes.ca/about-diabetes

To purchase monofilaments, visit the Wounds Canada Boutique: 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
<table>
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<tr>
<th>Look at your patient’s feet and know the signs.</th>
<th>Are your patient’s feet…</th>
<th>What you can do to help your patient.</th>
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</table>
| ![Image](image1.png) | Numb, painful or tingling? | □ Monitor blood glucose management.  
□ Refer patient for professional nail and skin care.  
□ Refer patient for professionally fitted footwear. |
| ![Image](image2.png) | Showing signs of bony changes or deformities? | □ Assess for bony deformities or Charcot changes.  
□ Refer patient for professionally fitted or custom footwear. |
| ![Image](image3.png) | 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. |
| ![Image](image4.png) | 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. |