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.
- 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.

CLINICIAN BROCHURE

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

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/healthyfeet



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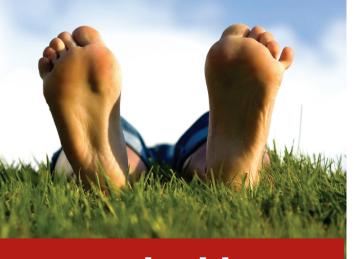
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Diabetes, Healthy Feet AND Your Patients



How healthy are YOUR patients' feet?

^{*}Based on Inlow 60-Second Foot Screen: www.woundscanada.ca/footscreen

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

















Are your patient's feet...

Numb, painful or tingling?



What you can do to help your patient.

- ☐ 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-weightbearing 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.