

Patient Name:

Clinician Signature:

ID number:

Date:

In order to use this tool efficiently and for best patient outcomes, complete the following three steps:

► **Step 1: Complete an Assessment of the Left and Right Feet**

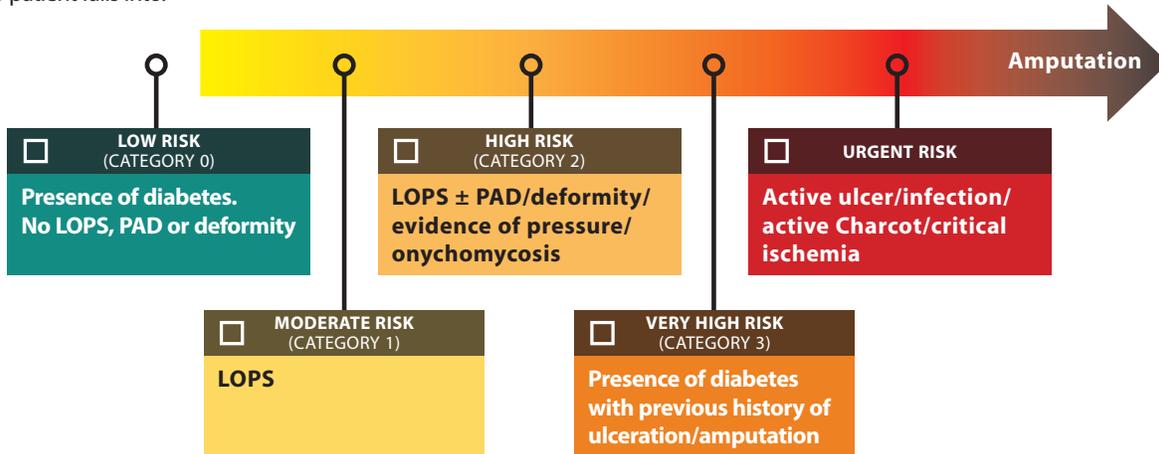
**Instructions:** Assess both feet using the four parameters identified within Inlow's 60-second Diabetic Foot Screen<sup>1</sup> to identify clinical indicators and/or care deficits. Once each parameter has been assessed move on to Steps 2 and 3.

Inlow's 60-second Diabetic Foot Screen		
LEFT FOOT		RIGHT FOOT
<b>1. Assess for Skin and Nail Changes</b>	<b>Recommendations and Referrals*</b>	<b>1. Assess for Skin and Nail Changes</b>
<b>Skin</b> <input type="checkbox"/> Intact and healthy <input type="checkbox"/> Dry with fungus or light callus <input type="checkbox"/> Heavy callus build up <input type="checkbox"/> Prior ulceration or amputation <input type="checkbox"/> Existing ulceration (± warmth and erythema) <b>Nails</b> <input type="checkbox"/> Well-groomed and appropriate length <input type="checkbox"/> Unkempt and ragged <input type="checkbox"/> Thick, damaged, or infected		<b>Skin</b> <input type="checkbox"/> Intact and healthy <input type="checkbox"/> Dry with fungus or light callus <input type="checkbox"/> Heavy callus build up <input type="checkbox"/> Prior ulceration or amputation <input type="checkbox"/> Existing ulceration (± warmth and erythema) <b>Nails</b> <input type="checkbox"/> Well-groomed and appropriate length <input type="checkbox"/> Unkempt and ragged <input type="checkbox"/> Thick, damaged, or infected
<b>2. Assess for Peripheral Neuropathy/ Loss of Protective Sensation (LOPS)</b>	<b>Recommendations and Referrals*</b>	<b>2. Assess for Peripheral Neuropathy/ Loss of Protective Sensation (LOPS)</b>
<b>Sensation – monofilament testing:</b> <input type="checkbox"/> No: peripheral neuropathy was not detected (sensation was present at all sites) <input type="checkbox"/> Yes: peripheral neuropathy detected (sensation was missing at one or more sites) <b>Sensation – ask 4 questions:</b> • Are your feet ever numb? • Do they ever tingle? • Do they ever burn? • Do they ever feel like insects are crawling on them? <input type="checkbox"/> No to all 4 questions <input type="checkbox"/> Yes to any of the questions		<b>Sensation – monofilament testing:</b> <input type="checkbox"/> No: peripheral neuropathy was not detected (sensation was present at all sites) <input type="checkbox"/> Yes: peripheral neuropathy detected (sensation was missing at one or more sites) <b>Sensation – ask 4 questions:</b> • Are your feet ever numb? • Do they ever tingle? • Do they ever burn? • Do they ever feel like insects are crawling on them? <input type="checkbox"/> No to all 4 questions <input type="checkbox"/> Yes to any of the questions
<b>3. Assess for Peripheral Arterial Disease (PAD)</b>	<b>Recommendations and Referrals*</b>	<b>3. Assess for Peripheral Arterial Disease (PAD)</b>
<b>Pedal Pulses:</b> <input type="checkbox"/> Present <input type="checkbox"/> Absent <b>Dependent rubor:</b> <input type="checkbox"/> No <input type="checkbox"/> Yes <b>Cool foot:</b> <input type="checkbox"/> No <input type="checkbox"/> Yes		<b>Pedal Pulses:</b> <input type="checkbox"/> Present <input type="checkbox"/> Absent <b>Dependent rubor:</b> <input type="checkbox"/> No <input type="checkbox"/> Yes <b>Cool foot:</b> <input type="checkbox"/> No <input type="checkbox"/> Yes
<b>4. Assess for Bony Deformity (and Footwear)</b>	<b>Recommendations and Referrals*</b>	<b>4. Assess for Bony Deformity (and Footwear)</b>
<b>Deformity:</b> <input type="checkbox"/> No deformity <input type="checkbox"/> Deformity (i.e. dropped MTH or bunion, chronic Charcot changes) <input type="checkbox"/> Amputation <input type="checkbox"/> Acute Charcot (+ warmth and erythema) <b>Range of Motion:</b> <input type="checkbox"/> Full range in hallux <input type="checkbox"/> Limited range of motion in hallux <input type="checkbox"/> Rigid hallux <b>Footwear:</b> <input type="checkbox"/> Appropriate <input type="checkbox"/> Inappropriate <input type="checkbox"/> Causing trauma		<b>Deformity:</b> <input type="checkbox"/> No deformity <input type="checkbox"/> Deformity (i.e. dropped MTH or bunion, chronic Charcot changes) <input type="checkbox"/> Amputation <input type="checkbox"/> Acute Charcot (+ warmth and erythema) <b>Range of Motion:</b> <input type="checkbox"/> Full range in hallux <input type="checkbox"/> Limited range of motion in hallux <input type="checkbox"/> Rigid hallux <b>Footwear:</b> <input type="checkbox"/> Appropriate <input type="checkbox"/> Inappropriate <input type="checkbox"/> Causing trauma

\* Refer to Steps 2 and 3 before completing this area.

## ► Step 2: Determine the Risk for Ulceration and Amputation

**Instructions:** Review the results from Inlow's 60-second Diabetic Foot Screen to identify parameters that put the patient at risk. Align the identified parameters with the International Working Group of the Diabetic Foot (IWGDF) Risk Classification System<sup>2</sup> (plus Urgent Risk) to identify which risk category your patient falls into.



## ► Step 3: Create a Plan of Care with Your Patient Based on Identified Risks

**Instructions:** Based on the risk classification and clinical indicators develop a plan of care with your patient that best meets their needs.

Risk Classification	Clinical Indicators	Screening Frequency	Recommendations and Actions**
<b>Low Risk</b> (Category 0)	Presence of diabetes. No LOPS, PAD or deformity	Screen every 12 months	<input type="checkbox"/> Education on healthy foot habits and risk factors <sup>†</sup> <input type="checkbox"/> Daily self-inspection of feet <input type="checkbox"/> Appropriate foot and nail care <input type="checkbox"/> Well-fitting shoes, exercise as able
<b>Moderate Risk</b> (Category 1)	LOPS	Screen every 6 months	<input type="checkbox"/> Education on LOPS <sup>†</sup> <input type="checkbox"/> Daily self-inspection of feet <input type="checkbox"/> Professional foot care, fitted shoes, custom full-contact orthotics and diabetic socks <input type="checkbox"/> Referral to a rehab specialist to provide a plan for fitness (exercise prescription) based on risk factors
<b>High Risk</b> (Category 2)	LOPS ± PAD/deformity/ evidence of pressure/ onychomycosis	Screen every 3–6 months	<input type="checkbox"/> Education on PAD, deformity, pressure and/or onychomycosis <sup>†</sup> <input type="checkbox"/> Daily self-inspection of feet <input type="checkbox"/> Professional foot care, fitted shoes, custom full-contact orthotics and diabetic socks <input type="checkbox"/> Vascular studies ± referral if appropriate <input type="checkbox"/> Pain management for ischemic pain, if present <input type="checkbox"/> Deformity addressed if present with orthotic shoes <input type="checkbox"/> Orthopedic referral if required <input type="checkbox"/> Referral to a rehab specialist to provide a plan for fitness (exercise prescription) based on risk factors
<b>Very High Risk</b> (Category 3)	Presence of diabetes with previous history of ulceration/amputation	Screen every 1–3 months	<input type="checkbox"/> Education on risk of recurrence <sup>†</sup> <input type="checkbox"/> Daily self-inspection of feet <input type="checkbox"/> Professional foot care, fitted shoes, custom full-contact orthotics and diabetic socks <input type="checkbox"/> Referral to a rehab specialist to provide a plan for fitness (exercise prescription) based on risk factors <input type="checkbox"/> Modified footwear and/or prosthesis based on level of amputation
<b>Urgent Risk</b>	Ulcer ± infection, active Charcot, PAD (gangrene, acute ischemia)	Urgent care required	<input type="checkbox"/> Referral to services such as a wound or limb salvage clinic

\*\* These recommendations and actions are not all-inclusive. Actions need to be customized to meet each patient's needs. Encourage patients to manage their glycemic levels, triglycerides, weight, hypertension, and lifestyle choices such as smoking. Ensure the patient knows where to access professional assistance in the event of an urgent foot complication.

<sup>†</sup> Tools and educational materials are available online from Wounds Canada:

For patients: <https://www.woundscanada.ca/for-patients-public/240-diabetic-healthy-feet-and-you/for-patients-and-public/267-information-about-diabetes-and-healthy-feet>

For clinicians: <https://www.woundscanada.ca/for-clinicians>

### References:

- Adapted from Inlow S. The 60-second foot exam for people with diabetes. Wound Care Canada. 2004;2(2):10–11.
- IDF Clinical Practice Recommendations on the Diabetic Foot 2017. Available from: <https://www.idf.org/e-library/guidelines/119-idf-clinical-practice-recommendations-on-diabetic-foot-2017.html>
- Botros M, Kuhnke J, Embil J, et al. Best practice recommendations for the prevention and management of diabetic foot ulcers. In: Foundations of Best Practice for Skin and Wound Management. A supplement of Wound Care Canada; 2017. 68 p. Available from: [www.woundscanada.ca/docman/public/health-care-professional/bpr-workshop/895-wc-bpr-prevention-and-management-of-diabetic-foot-ulcers-1573r1e-final/file](http://www.woundscanada.ca/docman/public/health-care-professional/bpr-workshop/895-wc-bpr-prevention-and-management-of-diabetic-foot-ulcers-1573r1e-final/file).