



## 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/BPR\\_DFU](http://www.woundscanada.ca/BPR_DFU)

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/healthyfeet](http://www.woundscanada.ca/healthyfeet)



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**DIABETES  
CANADA**

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## CLINICIAN BROCHURE



**WoundsCANADA.ca**

**DIABETES  
CANADA**

# 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 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?**

**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.