

Diabetes Foot Health Self-Screening Tool

This tool will help you find problems with your feet caused by diabetes. It should be shared with your healthcare provider. They will talk with you about your results and decide if you need an in-person foot exam.

Diabetes may cause foot problems, such as very dry skin, changes in your foot shape, loss of feeling in your feet, and poor circulation. These foot problems can lead to a diabetic foot ulcer, which increases your risk for losing your foot (amputation).

Regularly examining your feet at home is important to make sure they stay healthy.

Instructions:

1. Find a well-lit area to do your foot exam. If you have trouble seeing the bottom of your feet, you can ask a family member or caregiver to help. You can also use a selfie stick with your smart phone camera, a telescopic mirror, or a mirror with a handle. Make your mirror handle longer by taping it to a paint stick or ruler (see picture).



- 2. Use the Foot Exam table on pages 2 to 5 to check your feet. Check all of the boxes that apply in the Results section. Put an X in either the "Left foot" or "Right foot" box. If the problem is on both feet, put an X in both boxes.
- 3. Note your risk level (low, moderate, high, or urgent) for where you have boxes checked in the Results section. For example, if you checked the box "Callus buildup" "Left foot", then your risk level for the skin area is "Moderate".
- 4. Find out your overall risk based on your foot exam. This is the **highest risk identified for any area**. For example, if you have 2 low risk areas, 3 moderate risk areas, and 1 high risk area, your overall risk is high.
- 5. Share the filled-out tool with your healthcare provider.
- 6. Refer to the care plan (page 6) to find out what to do based on your risk level.
- 7. Optional: You can send pictures to your healthcare provider of any signs of infection, foot problems, or any concerns you have about your feet. Ask your healthcare provider for instructions on how to send pictures.

Name: Date:

Foot exam

_	Skin	
Ins	Look at the top and bottom of your feet, and between your toes.	
Re	esults	Risk level
	Healthy skin: no broken skin, cuts, cracks, or sores □ Left foot □ Right foot	Low
	Callus buildup Left foot Right foot	
	Corn: found on bottom, top, or between toes □ Left foot □ Right foot	Moderate
	Fissure or crack from very dry skin that is not bleeding or draining □ Left foot □ Right foot	Woderate
	History of a diabetic foot ulcer (sore or wound) that required medical help to heal, like dressing changes by a healthcare provider □ Left foot □ Right foot	
	oken skin, such as: Blister	
	□ Left foot □ Right foot	
	Crack that is bleeding or draining ☐ Left foot ☐ Right foot	High
	Ulcer (open sore or wound) that is bleeding or draining ☐ Left foot ☐ Right foot	
	Infected foot ulcer: sore or wound that also has fever, pain, redness, swelling, discharge, odour, or elevated blood sugars □ Left foot □ Right foot	Urgent

	Nails	
Re	esults	Risk level
	Healthy nails with no discoloration ☐ Left foot ☐ Right foot	Low
	Thickened, discoloured, irregular edges □ Left foot □ Right foot	Moderate
	Infected ingrown toenails □ Left foot □ Right foot	moderate
	Foot shape	
Re	esults	Risk level
	No changes in the shape of your foot ☐ Left foot ☐ Right foot	Low
Cr	nanges in the shape of your foot, such as: Bunions □ Left foot □ Right foot	
	Hammer or claw toes ☐ Left foot ☐ Right foot	Moderate
	Overlapping toes □ Left foot □ Right foot	
	Redness over your bunion, hammer toes, or overlapping toes related to pressure from footwear Left foot Right foot	High
	Foot is red, warm, painful, or swollen (Charcot foot) Left foot Right foot Image Source: Rafi Mahandaru https://www.slideshare.net/rafimahandaru/charcot-foot	Urgent

Sensation testing

Instructions:

- You will need somebody to help you do this test.
- Use the links to see how to assess the sensitivity in your feet with the Touch the Toes test.
 - o Touch the Toes test
 - o Testing for sensitivity in your feet (video)

Re	sults	Risk level
	All 6 tested toes have sensation	Low
	Lost sensation in one or more toes in the Touch the Toes Test Left foot Right foot ick on the circles on the toes where you don't have sensation	
	Numbness or tingling in your feet Left foot Right foot	Moderate
	Burning sensation in your feet Left foot Right foot	
	Feeling like insects are crawling on your feet Left foot Right foot	
	Sudden sharp pain in your foot when you did not have sensation before □ Left foot □ Right foot	Urgent
Ins	Footwear structions: Check all of your footwear, including boots, work shoes, and running shoes. Take out and inspect the insoles in your footwear. Learn more about finding the proper shoe fit.	
Re	sults	Risk level
	Footwear fits well, accommodates foot shape, and is supportive. Footwear does not rub on your skin and is not too tight. No signs of red areas when you take your shoes off. □ Left foot □ Right foot	Low
	Footwear is too small, tight, loose, or worn- out Left foot Right foot	Moderate
	Inadequate footwear that causes redness and pressure, or a breakdown of the skin such as a blister Left foot Right foot	High

Blood circulation	
Learn more about <u>peripheral arterial disease</u> (circulation problems)	
Results	Risk level
 □ No circulation problems (see below for examples of circulation problems) □ Left foot □ Right foot 	Low
Circulation problems, such as:	
□ Legs hurt when you walk, and pain goes away when you rest □ Left foot	
☐ Right foot	
☐ One foot that feels colder than the other	
☐ Left foot	
☐ Right foot	
□ Leg or foot pain that disturbs your sleep	Lliah
☐ Left foot	High
☐ Right foot	
□ Foot looks pale, discolored, purple, or blue	
□ Left foot	
☐ Right foot	
□ Loss of hair on the legs or foot	
□ Left foot	
□ Right foot	
□ Cold, white, or painful foot or toes □ Left foot	
☐ Right foot	Urgent
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Find out your overall risk level. This is the highest risk identified for any area. For example, if you have 2 low risk areas, 3 moderate risk areas, and 1 high risk area, your overall risk is high.

My overall			
□ Low	□ Moderate	□ High	□ Urgent

You are more likely to have foot problems if you use tobacco or if you have:

- high blood pressure
- high blood sugars
- high cholesterol

Talk with your healthcare provider about your levels and about cutting down and quitting tobacco.

Diabetes foot care plan: What should I do?

Low risk

Foot exam results:

- healthy skin and nails
- no open sores
- no loss of sensation in your feet
- no changes to the shape of your foot
- no circulation problems
- adequate footwear

Moderate risk

Foot exam results:

- skin and nail issues
- changes in the shape of your foot
- loss of sensation in vour feet
- footwear not fitting well.

For an infected ingrown toenail, call your doctor as soon as possible.

High risk

Foot exam results:

- blister, fissure or crack, or sore (ulcer)
- problems with blood circulation
- redness over bunions, overlapping toes, or claw toes
- footwear that causes redness over the pressure points

Urgent risk

Foot exam results:

- infected ulcer (wound or sore)
- sudden sharp pain in your feet
- foot is red, warm, painful, swollen
- cold, white painful toes or feet





What should I do?

Follow a daily foot care routine for the low, moderate, and high risk foot:

- Check your feet daily.
- Care for your feet and toes.
 - Cut your toenails straight across.
 - Wash your feet every day with mild soap. Make sure you dry well between the toes.
 - Apply moisturizer every day, but not between your toes.
- Always wear shoes and socks, even inside your house. Wear shoes that fit well. Learn how to find the proper fit for your shoes.
- Always check for objects inside of your shoes before you put them on.
- Learn more about foot care from Diabetes Canada.



What should I do?

- Book an appointment with your healthcare provider in the next 24 hours.
- Stay off of the sore or ulcer.
- Read diabetes foot care for the high risk foot.
- Repeat your foot screen every 1 to 4 weeks.



What should I do?

Go to the nearest emergency department in the next 24 hours.









Low risk

- Repeat your foot screen every year.
- Read diabetes foot care for the low risk foot.



Moderate risk

- Repeat your foot screen every 4 to 6 months.
- Read diabetes foot care for the moderate risk foot.
- Have your toenails cut by someone trained in foot care.
 - Foot care nurse list
 - College of Podiatric Physicians of Alberta