

Basic Foot Assessment Checklist

1. Ask the patient	neuropathic symptoms	Y	N
	rest pain	Y	N
	intermittent claudication	Y	N
	previous foot ulcer	Y	N
	amputation	Y	N
specify SITE _____		DATE ____ / ____ / ____	

2. Look at both feet	infection	Y	N
	ulceration	Y	N
	calluses or corns	Y	N
	skin breaks	Y	N
	nail disorders	Y	N

		LEFT		RIGHT	
3. Check foot pulses	Dorsalis pedis	Y	N	Y	N
	Posterior tibial	Y	N	Y	N

		LEFT		RIGHT	
4. Test for neuropathy	Monofilament *	Y	N	Y	N

* detected at sites marked



5. Assess footwear	style	Good	Poor
	condition	Good	Poor
	fit	Good	Poor

6. Assess education need	Does the patient understand the effects of diabetes on foot health ?	Y	N
	Can the patient identify appropriate foot care practices ?	Y	N
	Are the patient's feet adequately cared for ?	Y	N

7. Assess self care capacity	Does the patient have impaired vision ?	Y	N
	Can the patient reach own feet for safe self care ?	Y	N
	Are there other factors influencing ability to safely care for own feet ?	Y	N

All people with diabetes need to have their feet assessed with these 7 simple steps every 6 months or more often if problems are identified

Action Plan following Basic Foot Assessment

DATE OF REFERRAL ___/___/___

PATIENT NAME _____ SERVICE PROVIDER _____

Is the foot high risk ? Yes No (re-check in 6 months)

- If yes, why ?
- history of previous foot ulceration or problems
 - peripheral neuropathy
 - peripheral vascular disease
 - foot deformity
 - other _____

Action*

Record details of personnel referred to. Where resources are unavailable, indicate and describe alternative care provision

*** Ulceration or significant infection**

- referred to multidisciplinary team : _____

*** 'High risk' foot**

- referred to podiatrist and/or multidisciplinary team : _____
- referred for medical assessment at least every 6 months and foot examination every 3 months : _____

*** Active foot problem**

- referred to podiatrist _____

*** Symptomatic peripheral vascular disease**

- referred to vascular surgeon : _____
- involving endocrinologist / physician : _____

*** Symptomatic peripheral neuropathy**

- referred to endocrinologist : _____

*** Foot deformity or abnormality**

- referred to podiatrist : _____

*** Inadequate knowledge or foot care practices**

- referred to : _____
- or education provided Yes

*The patient's General Practitioner or Local Medical Officer will usually be responsible for coordinating the patient's care and should be informed of referrals, interventions and progress