

Diabetes *Foot Assessment*

All people with diabetes need to have their feet assessed using these 7 simple steps every 12 months or more often if problems are identified.

- Ask your patient if he/she has a history of foot problems
- Look at both feet to find any active problems
- Check foot pulses
- Test for neuropathy
- Assess footwear
- Assess education need
- Assess self care capacity including vision, mobility factors

Is the foot high risk?

- Is there a history of previous ulcer or amputation?
- Signs of peripheral neuropathy?
- Signs of peripheral vascular disease?
- Foot deformity?

Is there an active foot problem?

- including calluses, corns or nail disorders?

Refer to a podiatrist

For more information visit
www.feet.org.au

