

A Guide for Patients and Families

Diabetes Foot Screening and Foot Risk Status



What is Diabetes foot screening?



Professional foot check, also known as diabetes foot screening, looks for



Skin changes



Blood flow



Ability to feel



**Foot deformity
(e.g hammer toes
or bunions)**



Footwear

It is important to get your annual foot checks by healthcare professionals as part of your diabetes care.

You will know your risk of developing a foot ulcer after a diabetes foot screening.

Daily Visual Foot Checks

What to check for?



Wound



Cuts



Skin Tears



Blisters



**Callus with
or without
discolouration**

Where and how to check?



CHECK ALL AREAS OF THE FEET:

Spaces between the toes, back of the heels and soles of the feet.

If unable to bend over to check under the feet, please use a mirror. If you have poor eyesight, ask a family member or friend to help.



If you have a smart phone, get a selfie stick and take selfies or videos of your foot to check feet yourself if you have poor eyesight or are unable to reach your feet

When to Seek Help



When to seek help when foot wound develops

- ◆ Seek help immediately if a new skin break or wound occurs
- ◆ Watch out for symptoms and signs of foot attack (redness, swelling, pus, discolouration, or increased warmth)
- ◆ Seek medical attention with your regular podiatrist/ wound nurses/ family doctor
- ◆ If you are having a deteriorating wound and fever, we advise you to go to the Emergency department immediately



WATCH VIDEO

Tap or scan QR code to watch “**Diabetes Foot Screening and Foot Risk Status**”



Low Risk of Lower Limb Amputations

What we found in your foot screening session..



☐ Good blood supply



☐ Sensation on feet is intact



☐ No previous ulcers



☐ Simple mild callus (*thickened skin*) that does not need podiatric treatment

▶ We will like to check up on you again once a year

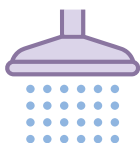


Poor Sugar Control may increase risk of developing...

- ♦ Non-healing wounds
- ♦ Minor or major foot amputations
- ♦ Permanent reduction in blood supply to the legs
- ♦ Irreversible nerve damage



4 SIMPLE STEPS YOU CAN DO!



- ☐ Maintain good foot hygiene



- ☐ Check feet daily



- ☐ Go for your regular foot screening



- ☐ Moisturizing and filing of callus regularly

Moderate Risk of Lower Limb Amputations

What we found in your foot screening session..



☐ Poor blood supply



☐ Loss of protective sensation



☐ Hard skin requiring treatment



☐ Changes in foot shape and toe deformities

▶ We will like to check up on you once at least every 6 months.



4 SIMPLE STEPS YOU CAN DO!



☐ Do not use sharp tools on your feet



☐ Check feet daily



☐ Act now and seek help early for foot wounds



☐ Go for your regular foot checks

High Risk of Lower Limb Amputations

What we found in your foot screening session..



☐ Poor blood supply



☐ Loss of protective sensation



☐ Poor kidney function



☐ Bleeding in hard skin requiring treatment



☐ Changes in foot shape and toe deformities



☐ Previous ulcers or amputations

We will like to check up on you once at least 3 - 4 monthly



4 SIMPLE STEPS YOU CAN DO!



☐ Do not self-treat



☐ Check feet daily



☐ Seek medical help when needed



☐ Go for your foot checks and treatment by foot specialists

Contributed by



Copyright © 2023 National Healthcare Group