

Based on NICE Diabetic foot problems: prevention and management NICE guideline [NG19] last updated Oct 2019 and 'Putting Feet First', Diabetes UK. With acknowledgment to Northern Devon Healthcare NHS Trust (Podiatry Services).

**Primary care foot assessment (minimum annually)**

**Physical examination (shoes and socks removed)**

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| * Test sensation using 10g monofilament
 | * Feel for foot pulses
* Check for ulceration
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| * Inspect for significant callus
 | * Inspect for deformity
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| * Ask about previous ulceration
 | * Provide Diabetes Foot Education
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| * Check footwear
 | * Provide appropriate foot literature
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|  |  |

**GRADE**

**EMERGENCY**

**HIGH**

**MODERATE**

**(increased)**

**LOW**

**ACTIVE EMERGENCY**

* Ulceration with fever/suspected sepsis
* Critical ischemia or gangrene

**ACTIVE URGENT**

Ulceration, unexplained red, hot, swollen foot, abscess, or suspected Charcot

* Deformity
* Neuropathy
* Non-critical limb ischaemia

No risk factors present (except callus):

* Normal sensation
* No signs of peripheral vascular disease
* No significant neuropath or significant structural deformity

Previous ulceration or previous amputation .

On renal replacement therapy or more than one risk factor present e.g.

* Neuropathy or non-critical ischaemia with callus
* and/or deformity
* Peripheral vascular disease with deformity

**ACTIVE EMERGENCY**

Arrange URGENT admission to acute services

**ACTIVE URGENT**

Refer ALL diabetes foot ulcers immediately to Diabetes foot clinic

Emergency no 07843 505015

Email sath.dfc@nhs.net

## No further screening required

## Refer to Community Podiatry for review within 6 weeks. Refer via e-referral and email shropcom.podiatryandfootheathservices@nhs.net

## Refer to Community Podiatry for review within 3 months. Refer via e-referral. Podiatry contact via 01743 277681 or email shropcom.podiatryandfootheathservices@nhs.net

Teach patients how to perform regular foot assessments and recognise sign and symptoms of developing problems.

1. [Supply Diabetes UK Looking After Your Feet leaflet](https://cdn.shopify.com/s/files/1/1922/6045/files/Diabetes_and_looking_after_your_feet_for_web_6ec78309-b1c1-471e-be15-99184b252dcb.pdf?_ga=2.13188343.159193514.1640790272-1495433075.1624529121)
2. [Share Diabetes UK How To Look After Your Feet video](https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feett)