

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.



Foot exam

Skin	
<p>Instructions:</p> <ul style="list-style-type: none"> Look at the top and bottom of your feet, and between your toes. 	
Results	Risk level
<input type="checkbox"/> Healthy skin: no broken skin, cuts, cracks, or sores <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	 <p>Low</p>
<input type="checkbox"/> Callus buildup <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	  <p>Moderate</p>  
<input type="checkbox"/> Corn: found on bottom, top, or between toes <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	
<input type="checkbox"/> Fissure or crack from very dry skin that is not bleeding or draining <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	
<input type="checkbox"/> History of a diabetic foot ulcer (sore or wound) that required medical help to heal, like dressing changes by a healthcare provider <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	
<p>Broken skin, such as:</p> <input type="checkbox"/> Blister <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	   <p>High</p>
<input type="checkbox"/> Crack that is bleeding or draining <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	
<input type="checkbox"/> Ulcer (open sore or wound) that is bleeding or draining <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	
<input type="checkbox"/> Infected foot ulcer: sore or wound that also has fever, pain, redness, swelling, discharge, odour, or elevated blood sugars <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	 <p>Urgent</p>










Nails		
Results		Risk level
<input type="checkbox"/> Healthy nails with no discoloration <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		Low
<input type="checkbox"/> Thickened, discoloured, irregular edges <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		Moderate
<input type="checkbox"/> Infected ingrown toenails <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		
Foot shape		
Results		Risk level
<input type="checkbox"/> No changes in the shape of your foot <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		Low
Changes in the shape of your foot, such as: <input type="checkbox"/> Bunions <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		Moderate
<input type="checkbox"/> Hammer or claw toes <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		
<input type="checkbox"/> Overlapping toes <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		
<input type="checkbox"/> Redness over your bunion, hammer toes, or overlapping toes related to pressure from footwear <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot		High
<input type="checkbox"/> Foot is red, warm, painful, or swollen (Charcot foot) <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot	 <p><i>Acute Charcot Foot</i></p>	Urgent

Image Source: Rafi Mahandaru
<https://www.slideshare.net/rafimahandaru/charcot-foot>

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.
 - [Touch the Toes test](#)
 - [Testing for sensitivity in your feet](#) (video)

Results	Risk level
<input type="checkbox"/> All 6 tested toes have sensation	Low
<input type="checkbox"/> Lost sensation in one or more toes in the Touch the Toes Test <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <p>Click on the circles on the toes where you don't have sensation</p> <input type="checkbox"/> Numbness or tingling in your feet <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> Burning sensation in your feet <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> Feeling like insects are crawling on your feet <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Moderate
<input type="checkbox"/> Sudden sharp pain in your foot when you did not have sensation before <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Urgent



Footwear

Instructions:

- 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](#).

Results	Risk level
<input type="checkbox"/> 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. <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Low
<input type="checkbox"/> Footwear is too small, tight, loose, or worn-out <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Moderate
<input type="checkbox"/> Inadequate footwear that causes redness and pressure, or a breakdown of the skin such as a blister <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	High



Blood circulation	
<ul style="list-style-type: none"> Learn more about peripheral arterial disease (circulation problems) 	
Results	Risk level
<input type="checkbox"/> No circulation problems (see below for examples of circulation problems) <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Low
Circulation problems, such as: <ul style="list-style-type: none"> <input type="checkbox"/> Legs hurt when you walk, and pain goes away when you rest <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> One foot that feels colder than the other <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> Leg or foot pain that disturbs your sleep <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> Foot looks pale, discolored, purple, or blue <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot <input type="checkbox"/> Loss of hair on the legs or foot <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	High
<input type="checkbox"/> Cold, white, or painful foot or toes <ul style="list-style-type: none"> <input type="checkbox"/> Left foot <input type="checkbox"/> Right foot 	Urgent



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.

<p>My overall risk level is:</p> <p> <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High <input type="checkbox"/> Urgent </p>
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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?

