**FOCUSSED FOOT EXAMINATION**

**Further Information**

Please refer to the following:

* Diabetic Peripheral Neuropathic Pain Screening Tool
* Edinburgh Claudication Questionnaire

**Remove foot wear including socks/ stockings to examine the feet**

**Step 1: ASK**

Is there pain in the legs or feet? If so, please complete assessment tool (see Further Information)

Is there a history of previous amputation or ulcer?

Check sensations using a 10 g monofilament. The patient should perceive sensations in all 3 sites on each foot. Each site should be tested 3 times, patients should feel 2 out of 3 for each site.



**Step 2: INSPECT each foot**

Is there callus formation?

Are there skin changes of infection or inflammation?

Is there deformity i.e bony foot prominence?

Is the footwear appropriate?

Is there ulceration?

Is there gangrene?

Please ensure monofilament is replaced according to manufacturer’s instructions

FBB

Check for dorsalis pedis and posterior tibial pulses. Both pulses on both feet should be palpable. Any absent pulse may indicate arterial insufficiency



**Step 4: RISK STRATIFY each foot**

Low risk

Moderate risk

High risk

Active foot disease

Emergency foot attack

**Step 3: EXAMINE each foot**

Are sensations intact?

Are pulses present on palpation?