

STEPS FOR PREVENTING DIABETES FOOT PROBLEMS

1. SCREEN FEET ANNUALLY

- Conduct a physical exam and sensory exam using a 10 Gm monofilament.
- Assess and document your patient's foot condition.

2. CATEGORIZE YOUR FINDINGS

- **Low Risk Patient-** *All of the following:*
 - Intact protective sensation
 - Pedal pulses present
 - No severe deformity
 - No prior foot ulcer
 - No amputation
- **High Risk Patient-** *one or more of the following:*
 - Loss of protective sensation
 - Absent pedal pulses
 - Severe foot deformity
 - History of foot ulcer
 - Prior amputation

3. COUNSEL YOUR PATIENTS OR REFER TO A DIABETES EDUCATOR

- Talk with your patients about their risk category
- Demonstrate self-care techniques
- Prescribe appropriate footwear
- Give positive feedback for proper foot care
- Give patients a self-care booklet or tip sheet
- Counsel about smoking cessation if needed
- Reinforce the importance of blood glucose control to reduce the risk for foot problems and other complications

4. FOLLOW UP WITH HIGH RISK PATIENTS

- **Place "High Risk Feet"** stickers on medical record
- Examine feet at every visit
- Prescribe special inserts and shoes as needed
- Refer to specialists for a risk factor you cannot rectify
- Provide education about self-care
- Ensure that the elderly and blind have help for daily foot care
- Assess metabolic control