

Foot Screening & Risk Management Tool – For People Living with Diabetes

Please refer to the table, resources and links below to support foot screening:

Look, Touch & Ask	Risk of Foot Complication	Action Based on Risk
<input type="checkbox"/> Presence of a Foot Ulcer or Gangrene	<input type="checkbox"/> Active Complication	<ul style="list-style-type: none"> Refer to Escalation of Care Pathway (1)
<input type="checkbox"/> Neuropathy present (4) <input type="checkbox"/> Peripheral Artery Disease present (5) <input type="checkbox"/> History of foot wound or amputation If none of the above, but: <input type="checkbox"/> Foot deformity <input type="checkbox"/> Skin integrity concerns (e.g. callus, fissure, verruca) <input type="checkbox"/> Self-care concerns (e.g. visual impairment, cognitive impairment, mental health condition)	<input type="checkbox"/> Moderate/High Risk	<ul style="list-style-type: none"> Refer to <i>Foot Care Clinic/Services (2)</i> Patient Education (3)
<input type="checkbox"/> No neuropathy (4) <input type="checkbox"/> No Peripheral Artery Disease (5) <input type="checkbox"/> No history of foot wound or amputation	<input type="checkbox"/> Lower Risk	<ul style="list-style-type: none"> Annual re-screen by primary care provider Patient Education (3)

Notes:

Additional Details for Action Based on Risk:

- 1) Escalation of Care Pathway – see [DET-OHT weblink](#)
- 2) Foot Care Clinic/Services (dependent on setting of foot screening) - see [DET-OHT weblink](#)
- 3) Patient Education options:
 - o Education Materials:
 - i. [Diabetes, Healthy Feet AND You](#) (available in other languages [HERE](#))
 - ii. [Foot Care Checklist for People with Diabetes](#)
 - o Referral to [Diabetes Education Program](#)
 - o Referral to [Choose Health Self-Management Program – Healthy Feet, Diabetes & You](#)

Resources about performing diabetic foot screening

- 4) Checking for **Neuropathy** (a.k.a. Loss of Protective Sensation – LOPS):
 - o Touch option 1 – [Monofilament](#)
 - o Touch option 2 – [Finger Touch Test](#)
 - o Ask: Burning or numbness or pins & needles in toes/feet?
- 5) Checking for **Peripheral Artery Disease**
 - o Look: Wound/ulcer/gangrene
 - o Touch: Dorsalis pedis and posterior tibial pulses
 - o Ask: Claudication in calves or rest pain foot/toes
- 6) [Detailed video demonstration](#)