Appendix F: Self-screening tool example

This self-screening tool provides a systematic method for foot ulcer prevention and ongoing screening, which can be used by individuals and care partners.



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:

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).



- 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.
- 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.
- 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.
- 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.

ne:		Date:	
	Foot exam		
Instructions: • Look at the top and b	Skin ottom of your feet, and between your	r toes.	
Results			Risk level
☐ Healthy skin: no broken s ☐Left foot ☐Right foot	kin, cuts, cracks, or sores	E	Low
Callus buildup Left foot Right foot Corn: found on bottom, to Left foot Right foot	op, or between toes		
_	y dry skin that is not bleeding or		Moderate
medical help to heal, like provider Left foot Right foot	ulcer (sore or wound) that required dressing changes by a healthcare		
Broken skin, such as: Blister Left foot Right foot			
Crack that is bleeding or Left foot Right foot	uranıng		High
Ulcer (open sore or woun Left foot Right foot	d) that is bleeding or draining		
☐ Infected foot ulcer: sore of redness, swelling, discha ☐ Left foot ☐ Right foot	or wound that also has fever, pain, rge, odour, or elevated blood sugars		Urgent

Nails	
Results	Risk level
Healthy nails with no discoloration Left foot Right foot	Low
Thickened, discoloured, irregular edges Left foot Right foot	Moderate
☐ Infected ingrown toenails ☐ Left foot ☐ Right foot	Moderate
Foot shape	
Results	Risk level
No changes in the shape of your foot Left foot Right foot	Low
Changes in the shape of your foot, such as: Bunions Left foot Right foot Hammer or claw toes Left foot Right foot	Moderate
Overlapping toes Left foot Right foot	
Redness over your bunion, hammer toes, or overlapping toes related to pressure from footwear Left foot Right foot	High
Foot is red, warm, painful, or swollen (Charcot foot) Left foot Right foot Image Source: Rafi Mahandaru https://www.slideshare.net/rafimahandaru/charcot-foot	Urgent

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Sensation testing	
 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 Touch	Toes test.
o Testing for sensitivity in your feet (video)	T
Results	Risk level
All 6 tested toes have sensation	Low
Lost sensation in one or more toes in the Touch the Toes Test Left foot Right foot	
Click on the circles on the toes where you don't have sensation	
Numbness or tingling in your feet Left foot Right foot Burning sensation in your feet Left foot Right foot	Moderate
Feeling like insects are crawling on your feet Left foot Right foot	
Sudden sharp pain in your foot when you did not have sensation before Left foot Right foot	Urgent
Footwear	
 Check all of your footwear, including boots, work shoes, and running shoes. Take out and inspect the insoles in your footwear. Learn more about <u>finding the proper shoe fit</u>. 	
Results	Risk level
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. Left foot Right foot	Low
Footwear is too small, tight, loose, or worn- out Left foot Right foot	Moderate
Inadequate footwear that causes redness and pressure, or a breakdown of the skin such as a blister Left foot	High

Results				Risk level	
No circulation problems (see below for	r examples o	of circulation prob	lems)	Low	
Right foot					
Circulation problems, such as:					
Legs hurt when you walk, and pain go	es away wh	en you rest			
Right foot					
One foot that feels colder than the oth	er				
Left foot					
Right foot					
Leg or foot pain that disturbs your slee	ә р			High	
Left foot □Right foot				Ŏ	
_					
Foot looks pale, discolored, purple, or Left foot	blue				
Right foot					
Loss of ha <u>ir o</u> n the legs or foot					
Left foot					
Right foot					
Cold, white, or painful foot or toes					
Right foot				Urgent	
			ON		
out your overall risk level. This is the					
e 2 low risk areas, 3 moderate risk are	as, and 1 h	igh risk area, yo	ur overall risk is	s high.	
My overall risk level is:					
Low Moderate)High	Urgent			
Jew Owoderate C) i ligii	Oorgent			
are more likely to have foot problems	if you use t	obacco or if you	have:		
nigh blood pressure		-			
nigh blood sugars					
nigh cholesterol					
with your healthcare provider about y	our levels a	and about cutting	down and quit	ting tobacco.	

Diabetes foot care plan: What should I do? Low risk Moderate risk High risk **Urgent risk** Foot exam results: Foot exam results: Foot exam results: Foot exam results: • healthy skin and nails skin and nail issues · blister, fissure or · infected ulcer crack, or sore (ulcer) (wound or sore) no open sores · changes in the shape of your foot • problems with blood sudden sharp • no loss of sensation in pain in your feet circulation your feet · loss of sensation in your feet · foot is red, warm, · redness over • no changes to the shape painful, swollen bunions, overlapping of your foot footwear not fitting toes, or claw toes well. · cold, white • no circulation problems · footwear that causes painful toes or For an infected ingrown · adequate footwear feet redness over the toenail, call your doctor pressure points as soon as possible. What should I do? What should I What should I do? do? Follow a daily foot care routine for the low, moderate, and high risk foot: Book an Go to the nearest appointment with emergency · Check your feet daily. department in the your healthcare provider in the next 24 hours. · Care for your feet and toes. next 24 hours. · Cut your toenails straight across. Wash your feet every day with mild soap. Stay off of the Make sure you dry well between the toes. sore or ulcer. · Apply moisturizer every day, but not between Read diabetes your toes. foot care for the high risk foot. Always wear shoes and socks, even inside your house. Wear shoes that fit well. Learn how to find Repeat your foot the proper fit for your shoes. screen every 1 to 4 weeks. · Always check for objects inside of your shoes before you put them on. Learn more about foot care from Diabetes Canada. Low risk Moderate risk • Repeat your foot screen every 4 to 6 months. · Repeat your foot screen every year. • Read diabetes foot care for the moderate risk foot. • Read diabetes foot · Have your toenails cut by someone trained in foot care. care for the low risk · Foot care nurse list foot. • College of Podiatric Physicians of Alberta 6

Source: Reprinted with permission from: Alberta Health Services (AHS). Diabetes foot health self-screening tool [Internet]. Edmonton (AB): AHS; 2021. Available from: https://myhealth.alberta.ca/Alberta/AlbertaDocuments/diabetes_foothealth_selfscreening_tool_sep2021.pdf