Step 1: Assess sensation for all patients with diabetes on admission with the Ipswich Touch Test:

- Remove socks and fully expose feet.
- Tell the patient you will touch their feet. Confirm with the patient right and left, by firmly touching each leg and saying “this is your right”, “this is your left”.
- Inform the patient you are going to touch their feet and ask them to say right or left when they feel you touching them on each side.
- Ask them to close their eyes.
- Lightly touch the toes for approximately two seconds following the sequence shown in the image.
- Circle Y for each correct response or N for no response or incorrect responses.

Ipswich Touch Test N score (ITTNS) = ...............................................

Step 2: Identify risk factors

- ITTNS score of 2 N or more
- Any cause peripheral neuropathy
- Previous ulcer/amputation/foot infection
- Visual impairment
- Renal failure
- Dementia
- Acute confusion
- CVA
- Decreased GCS

Number of risk factors identified (risk score) = ...............................................

Date: ........................................................................................................

If risk score is 1 or more, continue to Step 3.

Step 3: High risk foot care steps (for risk score of 1 or more)

- Elevate feet using appropriate device eg Prevalon Boot.
- Daily inspect feet thoroughly, including heels and areas in between toes.
- Daily moisturise feet using emollients.