



Patient's right foot, your left side

Patient's left foot, your right side

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

- | | |
|---|--|
| <input type="checkbox"/> ITTNS score of 2 N or more | <input type="checkbox"/> Acute confusion |
| <input type="checkbox"/> Any cause peripheral neuropathy | <input type="checkbox"/> CVA |
| <input type="checkbox"/> Previous ulcer/amputation/foot infection | <input type="checkbox"/> Decreased GCS |
| <input type="checkbox"/> Visual impairment | |
| <input type="checkbox"/> Renal failure | |
| <input type="checkbox"/> Dementia | |

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 moisturise feet using emollients.
- Daily inspect feet thoroughly, including heels and areas in between toes.