

Community Diabetes Foot Card

All patients with diabetes **MUST** have a foot examination and documented in patient records

- CHECK**
- Is there an ulcer/gangrene?
 - Touch the toes test - is there reduced sensation?
 - Is action required?

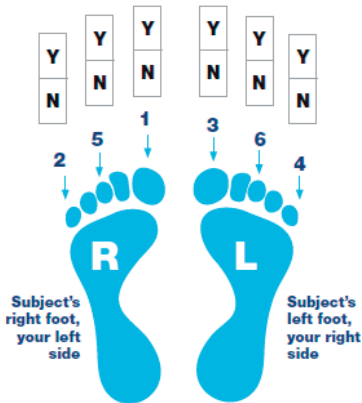
- PROTECT** Use heel protector if at risk
- Reduced sensation / absent foot pulses
 - Previous ulcers or amputation
 - Bed bound or fragile skin

- REFER** For ulceration, gangrene or other major concerns contact local podiatry/diabetes team
- Diabetes Centre Poole: 01202 448060 Fax: 01202 442069
Diabetes Centre Dorchester: 01305 255130
Diabetes Centre RBH: 01202 704 400 Fax: 01202 704759
Podiatry Community booking centre 0300 3038630 (choose & book enquiry line)
Podiatry Poole: 01202 448077
Podiatry Emergency (Mon-Fri 8am – 6pm) 07900607071
Podiatry RBH: 01202 704811

Touch the toes test

(The Ipswich Touch Test reproduced with permission from Diabetes UK)

Does your patient with diabetes have reduced sensation?



- Ask the patient to close their eyes
- Tell the patient you are going to touch their toes
- Ask them to tell you which foot you touched, left or right
- Touch toe number 1 for two seconds gently. Do not repeat.
- Continue until you have assessed 6 toes as marked on the diagram.
- If patient cannot feel two or more toes they have reduced sensation and are at risk of a diabetic foot ulcer. Their feet should be checked for ulceration and protected from pressure damage with a heel protector eg Prevalon Boot.