

Appendix D: Diabetes Foot Ulcer Risk Assessment



The Ottawa Hospital | L'Hôpital d'Ottawa

Use this guide to assess presence of potential risk factors for future foot amputation and ulceration. Examine both feet and inquire about patient self-care practices.

RISK FACTORS		YES	NO
1. Foot Ulcer (a wound that took > 2 weeks to heal) now or in the past			
2. Loss of sensation at any one site (determined after testing the 4 sites: great toe, first, third and fifth metatarsal heads using the 10 gram/5.07 monofilament)			
3. Callus present on soles of feet or toes or abnormal foot shape (e.g. claw or hammer toes, bunion, obvious bony prominence, Charcots's foot or joint)			
4. Pedal pulses (dorsalis pedis or posterior tibial) not palpable by nurse and positive history of lower limb pain on exertion that is relieved with rest. (claudication)			
RISK STATUS (mark status with an X)			
Lower Risk If NO to all items 1-4	If Higher Risk If YES to any items 1-4		
SELF-CARE PRACTICES		YES	NO
5. Patient able to see and reach bottom of feet or has helper who has been taught to perform appropriate foot care/inspection.			
6. Patient has well fitting footwear (adequate length with no rough interior.)			
7. Patient has received foot care education before.			
8. Patient checks condition of feet most days e.g. ask "How do you know if you have a reddened area or other problem with your feet? or "How often do you check your feet?"			
9. Patient reports foot problems to health care provider e.g. ask "What would you do if you found a blister or sore on your foot?"			
10. Patient takes steps to reduce risk of injury e.g. ask if client walks bare foot out or indoors, checks for foreign objects in shoes before wearing them, checks water temperature before entering a bath etc.			

If the patient answers NO to any items 5 - 10, this indicates a self-care knowledge deficit and opportunity to enhance self-care knowledge and behaviour.

Referrals _____

Assessor _____	Date: (yyyy/mm/dd): _____
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