

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

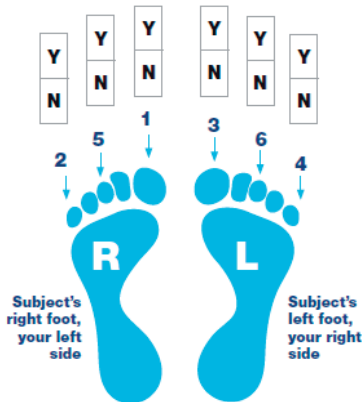
- Use heel protector if at risk
- Reduced sensation / absent foot pulses
 - Previous ulcers or amputation
 - Bed bound or fragile skin

REFER

For ulceration, gangrene or other major concerns contact the diabetes team urgently on bleep 0994 Sunday to Friday or out-of-hours bleep 0387.

Touch the toes test.

Does your patient with diabetes have reduced sensation?



The Ipswich Touch Test reproduced with permission from Diabetes UK

- 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.