
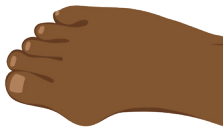
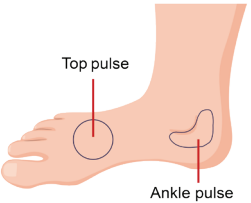



Look closely at the top and bottom of the person's feet and between their toes

High risk signs you may feel or see	<ul style="list-style-type: none"> Any toe, foot or leg wound or injury Amputation of part of the person's foot, or leg Signs of a previous (now healed) toe, foot or leg wound The person's foot is hot to touch or red or swollen. 	
Risk signs you may see	Skin or nail problems	<ul style="list-style-type: none"> Callus (area of thick skin) Dry or cracked skin Blisters (area of fluid under the skin which causes a raised bump) Nails which are very long, thick, or unusual in shape.
	Unusual shape of foot or toes	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>• Toes in a bent position</p> </div> <div style="text-align: center;">  <p>• Bunions (swelling at big toe joint)</p> </div> </div>

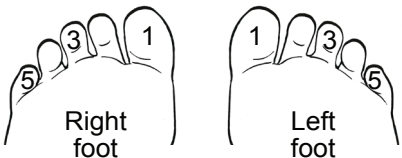
Check blood flow

Poor blood flow increases the risk of a foot wound and increases the time it takes for a foot wound to heal.

Risk signs you may feel or see	<ul style="list-style-type: none"> Swelling around the person's ankle or foot No hair on feet or toes Cold or pale foot. 	
Risk signs a person may tell you about	<ul style="list-style-type: none"> Pain in the back of their legs at night, and/or when walking short distances (for example less than 200 metres) 	
Risk signs you can test for	Pulse test: No pulse = risk	
	Refill test: Slow refill (more than 3 seconds) = risk	
How to carry out the pulse test:		<ul style="list-style-type: none"> Use your first and second fingers (not your thumb). Top pulse: Start at the big toe and slide your fingers to the middle part of the foot (see picture). Ankle pulse: Start at the big toe and slide to the inside of the ankle bone (see picture). If you cannot feel a pulse, move your fingers around the area. Not everyone's pulse is in exactly the same location.
How to carry out the refill test:		<ul style="list-style-type: none"> Push on the end of each big toe firmly. Count how many seconds before the toe returns to normal colour Refill time longer than 3 seconds is a sign of poor blood flow.

Check feeling (sensation)

Problems with feeling increases the risk of a foot wound.

Risk signs a person may tell you about	Unusual feelings or pain in feet: <ul style="list-style-type: none"> Pins and needles Stabbing or sharp pain Numbness Burning feeling (sensation)
Sensation test: Not feeling two or more toes = risk	
How to carry out the sensation test:	
<ul style="list-style-type: none"> Explain to the person what you are going to do. Make sure the person's eyes are closed for the test Touch toes 1, 3 and 5 once, lightly, and switch to the other foot after each touch. Use your index finger, or a monofilament if available. Wait a few seconds between touching each toe. Record: Tick (✓) the toes that feel and cross (X) the toes that do not feel. Results: If the person does not feel your touch on two or more toes, they may have problems with feeling. 	

Summarise the person's foot wound risk

Complete the table on the mobility screening form based on the number of ticks. This will show you whether the person has a low, medium or high foot wound risk and what actions to take.

Number of risk signs ticked		Level of foot wound risk	Actions: see next section for more information
Risk	High risk		
0 or 1	0	Low	→ Teach about suitable shoes → Teach how to care for feet
2	0	Moderate	→ Teach how to care for feet → Assess for therapeutic footwear and/or
3+	1	High	→ Refer to health care service or foot wound clinic

Actions

Teach how to care for feet

Key things to teach each person:

- ✓ Check feet every day for: redness, skin damage, cuts or swelling.
Remember:
 - Look **all over each foot** (top, bottom, between toes)
 - If needed, use a mirror or get help
 - See a health care professional straight away if there are any problems.
- ✓ Wash and dry feet, including between toes every day.
- ✓ Avoid walking bare foot - wear suitable shoes (or therapeutic footwear or off-loading device).
- ✓ For anyone who smokes or drinks alcohol: smoking and alcohol increase the risk of a foot wound. Advise to stop smoking and reduce alcohol.

Teach about suitable shoes



Explain that suitable shoes:

- ✓ Help protect feet from injury and wounds
- ✓ Help reduce the risk of falling.

Describe the key features of suitable shoes:

- ✓ A low heel (flat shoe)
- ✓ Adjustable straps or laces
- ✓ Firm heel support (closed or strap)
- ✓ Toe space with room for toes (not pointy)
- ✓ A non-slip base (such as rubber)
- ✓ Only bend at the toes
- ✓ Upper material that is adjustable, breathable and durable. For example leather, fabric, or mesh.

Check the person's shoes:

- Are they suitable?
- Do they fit? Check with the person standing and then walking:
 - ✓ Toe space (thumb width between end of longest toe and front of shoe)
 - ✓ Close fit at widest point of foot
 - ✓ Heel support fits closely and does not slip
 - ✓ No areas that pinch, rub or cause pressure.

If shoes are not suitable or do not fit, suggest where to buy suitable shoes and what to look for.

Assess for therapeutic footwear

See Therapeutic footwear module and Therapeutic footwear assess, select and fit form.