

SFHDiabHA3

Examine the feet of an individual with diabetes and advise on care



Overview

This standard covers assessing the condition of the feet of an individual with diabetes for symptoms of complications, providing advice on basic foot care, and referring those individuals who need further examinations or treatment. The activities described in this standard may be a part of the regular review of the health of a person with diabetes, or the review of progress with a care plan. The individual may be accompanied by a carer, who should be included in the discussions if the individual chooses to involve them.

Users of this standard will need to ensure that practice reflects up to date information and policies.

SFHDiabHA3

Examine the feet of an individual with diabetes and advise on care

Performance criteria

You must be able to:

- P1 communicate with individuals and carers throughout the discussion and examination in a manner which is appropriate to them and which encourages an open exchange of views and information
- P2 confirm that the individual understands the purpose and nature of any examinations which need to be carried out, and gives consent
- P3 assess for peripheral sensory neuropathy using appropriate tools
- P4 identify
 - P4.1 gross foot deformities
 - P4.2 evidence of trauma
- P5 assess for peripheral vascular disease by palpating pedal pulses
- P6 examine the individual's footwear and assess its suitability for foot type and risk status
- P7 gather information on subjective symptoms through discussion with the individual
- P8 identify the main factors that are likely to limit the individual's ability to care for their feet
- P9 take all the relevant information you have gathered into account in assessing risk status
- P10 consult with colleagues, or seek advice from others who are able to assist, where the information you have gathered is difficult to interpret
- P11 discuss the results of the examination with the individual and carer in an appropriate manner, and at a suitable level and pace
- P12 explain any indications of specific problems revealed by the examination, including any areas of uncertainty which may require further tests
- P13 discuss what may be done to address any problems, by the individual and by the health care team, and arrange for further treatment or examinations where this is indicated by your risk assessment
- P14 assess through discussion the individual's understanding of the risks to their feet, and reinforce the benefits of self care and monitoring
- P15 offer written information on foot care in a suitable form for the individual and carer, to reinforce their understanding
- P16 agree when the individual will next come for examination, leaving an interval appropriate to the risks you have identified
- P17 make a record of the examination and any actions to be taken which can be followed by other members of the care team, the individual and carer

SFHDiabHA3

Examine the feet of an individual with diabetes and advise on care

Knowledge and understanding

You need to know and understand:

- K1 the NSF for diabetes
- K2 NICE guidelines on diabetes monitoring, management and education
- K3 NICE guidelines on Prevention and management of foot problems for people with Type 2 Diabetes
- K4 causes of diabetes
- K5 signs and symptoms of diabetes
- K6 normal and abnormal blood glucose and HbA1c values
- K7 how to monitor glucose levels, HbA1c, blood pressure
- K8 typical progressive patterns of diabetes
- K9 the importance and effects of patient education and self management
- K10 the psychological impact of diabetes, at diagnosis and in the long term
- K11 how to gather information from patients about their health
- K12 how to work in partnership with patients and carers
- K13 the social, cultural and economic background of the patient/carer group
- K14 the impact of nutrition and physical exercise
- K15 the effects of smoking, alcohol and illicit drugs
- K16 how to manage hypoglycaemia
- K17 the medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 the law and good practice guidelines on consent
- K24 the staff member's role in the healthcare team and the role of others
- K25 local guidelines on diabetes healthcare
- K26 local referral pathways
- K27 local systems for recording patient information
- K28 quality assurance systems
- K29 the process of notification for legal and insurance purposes
- K30 sources of practitioner and patient information on diabetes
- K31 contact details of local and national support groups
- K32 how individuals can access facilities for exercise and physical activity, education and community activities

SFHDiabHA3

Examine the feet of an individual with diabetes and advise on care

Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

SFHDiabHA3

Examine the feet of an individual with diabetes and advise on care

Developed by	Skills for Health
Version number	1
Date approved	June 2010
Indicative review date	June 2012
Validity	Current
Status	Original
Originating organisation	Skills for Health
Original URN	Diab HA3
Relevant occupations	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
Suite	Diabetes
Key words	diabetes