

## SFHHAS3.1

### Examine the feet of an individual with diabetes and assess risk status



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#### Overview

This standard covers assessing the condition of the feet of an individual with diabetes for symptoms of complications. 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.

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#### 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
  - P4.3 current infection
- P5 examine any current ulceration, and assess ulcer type
- P6 assess for peripheral vascular disease by palpating pedal pulses
- P7 examine the individual's footwear and assess its suitability for foot type and risk status
- P8 gather information on subjective symptoms through discussion with the individual
- P9 identify the main factors that are likely to limit the individual's ability to care for their feet
- P10 consult with colleagues, or seek advice from others who are able to assist, where the information you have gathered is difficult to interpret

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#### Knowledge and understanding

*You need to know and understand:*

- K1 relevant national guidelines for diabetes
- K2 causes of diabetes
- K3 signs and symptoms of diabetes
- K4 the importance and effects of patient education and self management
- K5 the impact of nutrition and physical exercise
- K6 the risks of diabetes for foot health
- K7 how to examine feet and assess risk status
- K8 sources of professional and patient information on diabetes and foot care
- K9 how to gather information from patients about their health
- K10 how to work in partnership with patients and carers
- K11 the person's own role in diabetes healthcare as a member of a multidisciplinary team
- K12 the roles of other members of the team
- K13 local guidelines on diabetes healthcare
- K14 local systems for recording patient information
- K15 local quality assurance systems
- K16 the law and good practice guidelines on consent

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### 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

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<b>Developed by</b>	Skills for Health
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<b>Originating organisation</b>	Skills for Health
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<b>Suite</b>	Diabetes
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<b>Key words</b>	Foot care, foot deformities
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