



NHS
Grampian



Check - Protect - Refer for 'At Risk Feet'

Diabetic foot disease is a complication of diabetes caused as a result of damage to the nerves (neuropathy) and blood vessels (ischaemia) to the limbs. This may increase the risk of developing a foot ulcer. It is reported that more than 135 people per week in the UK have a limb amputated as a result of diabetes.

Diabetic foot disease accounts for more hospital bed days than all other diabetes complications put together (Diabetes UK 2015)

The aim of 'CPR for At Risk Feet' is to ensure patients do not develop an avoidable foot ulcer during their stay in hospital and those who are admitted to hospital with a current foot ulcer are referred appropriately.

- **Have you had a history of previous ulceration or amputation?**
- **Have you peripheral neuropathy (lack of feeling/perception of pain)?**
- **Have you peripheral vascular disease (impaired circulation)?**

If yes to any of the above, you need to inform the nurse on your admission and CPR for feet will be undertaken.

CPR for Feet

Check



Check both feet:

- ❖ Are there any breaks in the skin/areas of discolouration?
- ❖ Are there any ulcers present?
- ❖ Is neuropathy present?
- ❖ Is action required?

Protect



Protect feet if

- ❖ Pressure damage/ulcer present
- or at risk due to:
- ❖ Neuropathy
 - ❖ Previous ulcer/pressure damage or amputation
 - ❖ Bed bound or fragile skin

Refer



Refer all patients with a foot ulcer/pressure damage or other major concern to the podiatry department or tissue viability service for further advice and support. Information on referral pathways is available from your local podiatry and tissue viability service.