

60-second Diabetic Foot Screen

QUICK REFERENCE GUIDE

Instructions for Use

General Guidelines: This guide is designed to assist in screening persons with diabetes to prevent or treat diabetes-related foot ulcers and/or limb-threatening complications. The screen should be completed on admission of any person with diabetes and then repeated as directed by risk and clinical judgment. **Do not confuse patient visits with patient screening.** Your patient may require frequent and regular visits for routine care but complete the screening as indicated or as relevant based on clinical judgment.

Review each of the parameters listed in the Diabetic Foot Screen and follow the steps listed in the Specific Instructions.

Look – 20 seconds

1. Skin

- 0 = intact and healthy
- 1 = dry with fungus or light callus
- 2 = heavy callus build up
- 3 = open ulceration or history of previous ulcer

2. Nails

- 0 = well-kept
- 1 = unkempt and ragged
- 2 = thick, damaged, or infected

3. Deformity

- 0 = no deformity
- 2 = deformity
- 4 = amputation

4. Footwear

- 0 = appropriate
- 1 = inappropriate
- 2 = causing trauma



Touch – 10 seconds

5. Temperature – Cold

- 0 = foot is warm
- 1 = foot is cold

6. Temperature – Hot

- 0 = foot is warm
- 1 = foot is hot

7. Range of Motion

- 0 = full range to hallux
- 1 = hallux limitus
- 2 = hallux rigidus
- 3 = hallux amputation

Assess – 30 seconds

8. Sensation – monofilament testing

- 0 = 10 sites detected
- 2 = 7 to 9 sites detected
- 4 = 0 to 6 sites detected

9. Sensation – Ask Four Questions:

- i. Are your feet ever numb?
 - ii. Do they ever tingle?
 - iii. Do they ever burn?
 - iv. Do they ever feel like insects are crawling on them?
- 0 = no to all questions
 - 2 = yes to any of the questions

10. Pedal Pulses

- 0 = present
- 1 = absent

11. Dependent Rubor

- 0 = no
- 1 = yes

12. Erythema

- 0 = no
- 1 = yes

Screening intervals for foot ulcers and/or limb-threatening complications. Use the highest score from left or right foot.

Score 0 to 6 → recommend screening yearly

Score 7 to 12 → recommend screening every 6 months

Score 13 to 19 → recommend screening every 3 months

Score 20 to 25 → recommend screening every 1 to 3 months