



Diabetic Foot Screening Competency

Title – Diabetic Foot Screening Competency for Healthcare Workers	
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All staff must undertake the Foot Risk Awareness and Management Education (FRAME) e-learning module and face to face training prior to undertaking the diabetic foot competency. Once completed, they can give a copy of the completion certificate to their line manager.

The e-learning module can be access from:

<http://www.diabetesframe.org/>

The aim of carrying out foot screening is to identify the presence of risk factors for diabetic foot complications which could lead to ulceration and amputation such as –

- Neuropathy
- Peripheral Arterial Disease
- Significant structural abnormalities
- Significant callus
- Previous ulceration
- Inability to self care

This document has been development in conjunction with the Capability framework for Integrated Diabetic Lower Limb Care: A user's guide. (Accessed 21/01/2022 [www.integrated](http://www.integrateddiabeticlowerlimbcare.org/) diabetic lower limb care.

For discussion/General Criteria to be included throughout the Clinical Skill	SUPERVISED PRACTICE				
	Date/ sign	Date/ sign	Date/ sign	Date/ sign	Date/ sign
	1	2	3	4	5
Generic Assessment:					
<u>Accountability</u> Describe your role & responsibilities whilst undertaking the clinical skill of a diabetic foot check					
<u>Knowledge</u> <ul style="list-style-type: none"> • General knowledge of diabetes • Awareness of national guidance (e.g. NICE, SIGN) • Knowledge of the appearance of healthy skin • Identifies callus and understands how this increases the risk of foot ulceration 					
<u>Communication & Consent</u> Provides a clear explanation to the patient and obtains informed consent prior to the procedure and documentation.					
<u>Equipment</u> Collect all equipment prior to procedure.					
<u>Person- Centred</u> Ensure patients privacy, comfort, dignity and safety during and after the clinical procedure, positioning of the patient, consider using appropriate equipment.					
<u>Infection Control</u> Applies infection control measures as per NHSL policy throughout the procedure undertaking. i.e. hand hygiene, aseptic technique, blood & body fluid spillages policies. Disposal of equipment as per NHSL disposal of waste policy. Appropriate personal Protective Equipment (PPE) to be worn, as per infection control policy					
<u>Documentation</u> Accurate recording (as per clinical documentation standard), of relevant information in your agreed documentation procedure in a timely manner (e.g. TRAK, SCI-Diabetes or other).					

For discussion/General Criteria to be included throughout the Clinical Skill	SUPERVISED PRACTICE				
Screening and assessment:	Date/ sign	Date/ sign	Date/ sign	Date/ sign	Date/ sign
	1	2	3	4	5
Seat patient on examination couch/chair					
Ask the patient to remove their shoes and socks/stockings and assist if required					
Check with the patient if they are experiencing any problems with their feet					
Foot examination: <ul style="list-style-type: none"> • Inspect the patients feet thoroughly ensuring you check the posterior aspects of the legs and between toes • Inspect the limb for colour and pallor/ cyanosis/ cellulitis • Inspect the skin integrity looking for signs of dry or shiny skin or hair loss. • Inspect the lower limbs for any ulcers • Check for any signs of swelling • Check for pulses of the dorsalis pedis artery and posterior tibial artery 					
Demonstrate to the patient that the monofilament is not sharp by performing the test on the back of your hand and then on the patients forearm					
Inform the patient that you will be testing both feet with their eyes closed and they have respond “yes” each time they feel the monofilament touch their foot					
Place the monofilament on the apex of the hallux and 3rd toe and the metatarsal heads of the 1 st 3rd and 5 th . Press firmly so that the filament bends. Hold the monofilament against the skin for 1-2 seconds and ask the patient to highlight when they feel it. The monofilament should not be allowed to slide across the surface of the skin. Areas of callus or any breaks in the skin should be avoided.					
Repeat assessment on both feet					
Examine footwear and pattern of wear on soles					
Ensure the shoes are the correct size for the patient i.e. at least ½” space beyond the longest toe					
Check the inside of the footwear for any holes that could cause foot injury					
Assign an ulcer risk status based on the results of the screening, using the diabetes risk stratification and traffic light grading system on SCI-Diabetes					
Provide the patient with verbal and written, foot health advice relevant to the risk status resulting from foot screening					
Highlight the local referral pathways for any patient who presents with any condition/concern out-with their competence level and arranges further assessment					

COMPETENCY STATEMENT

Diabetic Foot Screening

Assessor statement:

I confirm that has achieved the required competence for carrying out a foot screen on a patient with diabetes.

Signature of assessor:

Name (print): Job title.....

Date of completion

Healthcare worker statement:

I can confirm that I feel competent to carry out this procedure safely and in accordance with NHSL local policy & procedures.

I will ensure that I will keep my practice up to date and will remain informed of any policy changes. I am also aware of the opportunity to attend training as a refresher or to complete the FRAME module online if there are prolonged gaps in my practice.

Signature:

Name (print): Job title:

Clinical Area:

Date of Training Date of completion:

Manager statement:

I confirm the above healthcare worker has met the required standard of competence: Diabetic Foot Screen and can now undertake this skill under delegation.

Signature of manager/charge nurse:

Print:

Date achieved & recorded on eEss by manager/designated other:

Please retain this for your own records and give a copy to your manager to be inserted in your personnel file and recorded on eEss