
Overview

This standard concerns assessing the condition of the feet of an individual with diabetes to determine risk status, and taking the appropriate action, which may include a referral for treatment, providing advice, or negotiating a care plan.

The activities described in this standard may follow a referral from a preliminary examination, or may be a first examination of the feet.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

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

Performance criteria

You must be able to:

- P1. identify and agree the roles and responsibilities of yourself and others in assessing the feet of individuals with diabetes
- P2. communicate with individuals throughout the discussion and examination in a manner which is appropriate to them and which encourages an open exchange of views and information
- P3. confirm that the individual understands the purpose and nature of any examinations which need to be carried out, and gives consent
- P4. assess and reinforce the individual's understanding of the potential effects of diabetes on vascular and neurological problems in the feet and lower legs
- P5. through discussion with the individual, gather information on
 - P5.1 relevant medical history
 - P5.2 any symptoms of problems in the feet and lower legs
- P6. examine the skin condition of the feet and lower legs and assess for sensory neuropathy, using appropriate tools
- P7. examine any current infection and ulceration, and assess ulcer type
- P8. assess for and identify any foot deformities
- P9. assess vascular status for the presence of peripheral arterial disease by palpating pedal pulses
- P10. assess joint mobility and identify any biomechanical problems
- P11. examine the individual's footwear and assess its suitability for foot type and risk status
- P12. discuss the results of the examination with the individual in an appropriate manner, and at a suitable level and pace

P13. explain any evidence of problems or risks revealed by the examination, including any areas of uncertainty which may require further tests

P14. arrange for further examination or treatment, where this is indicated by your risk assessment

P15. help the individual understand what specific actions they can take to

P15.1. maintain the health of their feet

P15.2. address any particular problems and risks revealed by the examination

P16. provide information on footcare in a suitable form for the individual, to reinforce their understanding

P17. agree when the individual will next come for examination, leaving an interval appropriate to the risks you have identified

P18. Complete all documentation required for assessing the feet of individuals with diabetes

Knowledge and understanding

You need to know and understand:

K1 how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to assess the feet of individuals with diabetes

K2 the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role

K3 the principles, practice and procedures associated with informed consent

K4 signs and symptoms of diabetes

K5 normal and abnormal blood glucose and HbA1c values

K6 how to monitor glucose levels, HbA1c, blood pressure

K7 typical progressive patterns of diabetes

K8 the importance and effects of individual education and self management

K9 the psychological impact of diabetes, at diagnosis and in the long term

K10 how to gather information from individuals about their health

K11 how to work in partnership with individuals

K12 the social, cultural and economic background of the individual

K13 the impact of nutrition and physical exercise

K14 the effects of smoking, alcohol and illicit drugs

K15 the effects of, and how to manage, intercurrent illness

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 sources of information on diabetes including support groups.

K24 how individuals can access local facilities for exercise and physical activity, education and community activities

K25 how to complete and safely store all documentation required for assessing the feet of individuals with diabetes

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Assess the feet of individuals with diabetes and provide advice on maintaining healthy feet and managing foot problems



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