



## **Diabetes care**

### *Foot examination*

#### **The diabetes care technician (DCT)**

Right then, if you just pull yourself round, I'm going to have a quick look at your feet.

That's great.

Are you comfortable?

#### **David (a person with Type 2 diabetes)**

Yes thanks.

#### **DCT**

Lovely.

Right then.

Just going to have a quick look at your feet, just to make sure you've got no cracks in your skin or anything.

You have got quite dry skin, do you moisturise them at all?

#### **David**

No I don't.

#### **DCT**

No, you really should do just a bit of moisturiser on them to keep them nice and supple but not in between your toes because you can get fungal infections if you moisturise them too much. OK.

Just checking your circulation. You've got two pulses. That one's fine and the one behind the ankle - that's great. Lovely.

Yes, that's great. Right, now we're going to check the feeling of your feet.

Have you ever had this done before?

#### **David**

No.

#### **DCT**

Now don't worry, it's not a needle - just a piece of plastic.

Now what I want you to do is put your hand forward, there we go it just feels like that.

#### **David**

OK.

#### **DCT**

Now what I'm going to ask you to do is close your eyes for me and every time you can feel what I'm doing, I just want you to say 'yes'.

OK are you ready?

#### **David**

Yes.

Yes, yes, yes ... [at every touch]

#### **DCT**

OK that's lovely. Yes, you're still feeling everything, which is great.

Do you check your feet daily?

**David**

No I don't.

**DCT**

No. I think what you ought to do is start doing that. Start getting your moisturiser on day and night and just make sure you haven't got any cracks or anything on your feet. If you can't bend down to see your feet, if you just put a mirror and then have a look in the mirror just to make sure there is no fungal infections or anything like that, check your shoes as well. Make sure that you empty them and put your hand in them just to make there are no stones or grit in them or anything sharp.