FOOTWELL GUIDE / 01

Your daily foot check

Choose a stable seat and good light. Take the time you need. Check one foot, then the other.

Follow the same route

TOES & NAILS → TOE SPACES → TOP & SIDES
SOLE & BALL → HEEL → SOCKS & SHOES

- ☐ Look at every area. Use a mirror or ask for help to see the soles and heels.
- ☐ Notice cuts, cracks, blisters, wounds, swelling, color changes, and changes to nails or hard skin.
- ☐ Notice new burning, numbness, tingling, pain, or temperature changes. Do not test feeling with heat or sharp objects.
- ☐ Check removed socks for dampness, blood, or drainage. Look inside shoes for debris and rough or folded lining.

> **A new wound or a hot, swollen foot?** Contact your care team immediately. Serious illness or a sudden cold, discolored foot with new numbness, weakness, or severe pain may need emergency help. In the US, call 911. Do not wait for pain.

Care team / daytime phone

After-hours contact / phone

A completed check does not prove healthy nerves or circulation. Keep professional foot exams and follow your own care plan.

Guidance: CDC: Your Feet and Diabetes; NIDDK: Diabetes & Foot Problems.
Use alongside the Daily Foot Check and When to Get Help guides.

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Describe what changed

Bring this to a call or appointment. Write what you observe rather than a diagnosis. Do not delay asking for help to complete it.

Date / time first noticed

Which foot and exact location?

What can you see or feel? Skin open or closed? Swelling or drainage?

When does it happen? At rest, at night, walking, or with a shoe?

What has changed about sleep, balance, walking, or feeling well?

Products tried / person contacted / advice and next step

> **Act on concerning changes.** Contact your care team immediately for a new wound, blister, or hot, swollen foot. Seek emergency help for serious illness or sudden severe changes. The record does not assess urgency.

A conversation aid, not a diagnostic test. Read the When to Get Help guide.
Urgency guidance: Leeds Community Healthcare: Your feet and diabetes.

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Shoe and sock check

Use the shoes, socks, and prescribed inserts you actually wear together. Fit matters more than a label on the packaging.

Before each wear

- ☐ Look and feel inside both shoes for debris, rough lining, and folded inserts.
- ☐ Turn socks inside out. Check for holes, bulky seams, or rough repairs.
- ☐ Choose a clean, dry pair. Smooth wrinkles and check that cuffs and shoes do not squeeze.
- ☐ Use prescribed inserts as instructed. Do not remove one just to make a tight shoe fit.

After trying a new pair

- ☐ Remove shoes and socks and look for pressure marks, rubbing, or blisters. Follow your footwear team's wear schedule.
- ☐ If a pair rubs, stop using it and ask for fitting advice. Do not rely only on comfort when feeling is reduced.

> **A blister, wound, new warmth, or swelling needs clinical advice.** Changing shoes is not enough. Contact your care team promptly and follow the When to Get Help guide.

Pair / activity / fitting question to bring to your visit

Guidance: NIDDK: Diabetes & Foot Problems; Kent Community Health: Diabetes footcare advice.
Read the Shoes and Socks guide for more detail.

FOOTWELL GUIDE / 04

A clear caregiver handoff

Ask permission. Choose a comfortable position. Share observations and the next action, without trying to diagnose the change.

- ☐ Check one foot, then the other, including hidden areas. Ask about new sensations.
- ☐ Check removed socks and inside shoes. Follow any existing dressing instructions.
- ☐ Contact the care team about a concerning change. Do not wait for the next helper.

Date / helper / agreed routine / backup helper

Observation: left or right, exact location, and what changed

Contact made / advice received / who will follow up and when

Daytime and after-hours care contacts

Emergency help: Serious illness or sudden severe changes need emergency assessment. In the US, call 911. Follow the person's individual care plan.

Read the Caregiver and When to Get Help guides. Keep this sheet private.
Guidance: NIDDK: Diabetes & Foot Problems; Leeds Community Healthcare: Your feet and diabetes.