

SFHDIab HA4 - SQA Code HC71 04

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



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 individual may be accompanied by a carer, who should be included in the discussions if the individual chooses to involve them. The activities described in this standard may follow a referral from a preliminary examination, or may be a first examination of the feet. The use of a hand held Doppler to assess blood flow is not included in this standard, as it is not recommended by the NICE guidelines of 2003.

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

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Performance criteria

- You must be able to:*
- P1 communicate with individuals and carers throughout the discussion and examination in a manner which is appropriate to them and which encourages an open exchange of views and information
 - P2 confirm that the individual understands the purpose and nature of any examinations which need to be carried out, and gives consent
 - P3 assess and reinforce the individual's understanding of the potential effects of diabetes on vascular and neurological problems in the feet and lower legs
 - P4 through discussion with the individual and carer, gather information on
 - P4.1 relevant medical history
 - P4.2 any subjective symptoms of problems in the feet and lower legs
 - P5 examine the skin condition of the feet and lower legs and assess for sensory neuropathy, using appropriate tools
 - P6 examine any current infection and ulceration, and assess ulcer type
 - P7 assess for and identify any foot deformities
 - P8 assess vascular status for the presence of peripheral arterial disease by palpating pedal pulses
 - P9 assess joint mobility and identify any biomechanical problems
 - P10 examine the individual's footwear and assess its suitability for foot type and risk status
 - P11 identify the factors that are likely to affect the individual's ability to care for their feet, and make an overall assessment of their ability to self care
 - P12 discuss the results of the examination with the individual and carer 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, with appropriate speed, 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 negotiate and agree one or more actions that the individual and carer will undertake to address problems or risks
 - P17 assess and reinforce the individual's and carer's understanding of how they can manage their diabetes to maintain the health of their feet
 - P18 offer written information on footcare in a suitable form for the individual and carer, to reinforce their understanding
 - P19 agree when the individual will next come for examination, leaving an interval appropriate to the risks you have identified
 - P20 make a record of the examination and any actions to be taken which can

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be followed by other members of the care team, the individual and carer

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Knowledge and understanding

You need to know and understand:

- K1 the NSF for diabetes
- K2 NICE guidelines on diabetes monitoring, management and education
- K3 NICE guidelines on Prevention and management of foot problems for people with Type 2 Diabetes
- K4 causes of diabetes
- K5 signs and symptoms of diabetes
- K6 normal and abnormal blood glucose and HbA1c values
- K7 how to monitor glucose levels, HbA1c, blood pressure
- K8 typical progressive patterns of diabetes
- K9 the importance and effects of patient education and self management
- K10 the psychological impact of diabetes, at diagnosis and in the long term
- K11 how to gather information from patients about their health
- K12 how to work in partnership with patients and carers
- K13 the social, cultural and economic background of the patient/carer group
- K14 the impact of nutrition and physical exercise
- K15 the effects of smoking, alcohol and illicit drugs
- K16 the effects of, and how to manage, intercurrent illness
- K17 how to manage hypoglycaemia
- K18 the medications used to manage diabetes
- K19 the long term complications of diabetes and when they are likely to occur
- K20 how to examine feet and assess risk status
- K21 how to monitor cardiovascular risk
- K22 how to monitor for renal disease
- K23 how to monitor for diabetic retinopathy
- K24 the law and good practice guidelines on consent
- K25 the staff member's role in the healthcare team and the role of others
- K26 local guidelines on diabetes healthcare
- K27 local referral pathways
- K28 local systems for recording patient information
- K29 quality assurance systems
- K30 the process of notification for legal and insurance purposes
- K31 sources of practitioner and patient information on diabetes
- K32 contact details of local and national support groups
- K33 how individuals can access local facilities for exercise and physical activity, education and community activities

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and treatment planning

The candidate and assessor must only sign below when all Performance Criteria and Knowledge points have been met.

Unit assessed as being complete

Candidate's Name:	
Candidate's Signature:	
Date submitted to assessor as complete:	

Assessor's Name:	
Assessor's Signature:	
Date assessed as complete:	

Internal Verification —

to be completed in accordance with centre's IV strategy

Evidence for this Unit was sampled on the following date/s:	IV's Signature	IV's Name

This Unit has been subject to an admin check in keeping with the centre's IV strategy.

Date of admin check	IV's Signature	IV's Name

Unit completion confirmed

IV's Name:	
IV's Signature:	
Date complete:	