

Unit 153: Examine the Feet of Individuals with Diabetes

Level:	3
Unit type:	Optional
Credit value:	4
Guided learning hours:	26

Unit Aim

This unit is aimed at those who conduct foot examinations on individuals who have diabetes. Learners will have the opportunity to develop the knowledge, understanding and skills required to conduct a foot examination and to communicate with individuals regarding how diabetes can affect foot health.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Evidence for skills within learning outcomes 3-6 must come from real work activities.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand best practice in diabetic foot care	1.1 Summarise national and local guidelines on diabetes health care
	1.2 Describe local referral pathways for foot health
	1.3 Explain how to inform the individual /carer about the relationship between diabetes and foot health
	1.4 Explain how to work in partnership with individuals /carers
2 Understand the factors affecting foot health in individuals with diabetes	2.1 Explain the causes of diabetes
	2.2 Describe the signs and symptoms of diabetes
	2.3 Identify the risks of diabetes to foot health
	2.4 Explain the importance of footwear to foot

Learning outcomes The learner will:	Assessment criteria The learner can:
	2.5 Explain how to look after footwear and check for wear
	2.6 Explain the impact of nutrition, health and physical exercise on an individual with diabetes
3 Be able to prepare to conduct an examination on the feet of individuals who have diabetes	3.1 Explain how to gather information from the individual prior to conducting a foot examination
	3.2 Confirm the individual's identity
	3.3 Gain valid consent prior to beginning the examination
	3.4 Explain how consent would be gained from individuals who do not have the capacity to consent
	3.5 Gather information about the individual's general health, including any relevant symptoms
	3.6 Explain the procedures used for examining foot health and identifying risks to foot health linked to diabetes
4 Be able to conduct an examination on the feet of an individual with diabetes	4.1 Apply health and safety measures relevant to the procedure and environment
	4.2 Apply standard precautions for infection control
	4.3 Explain the foot examination process to the individual
	4.4 Select the appropriate equipment used to examine foot health
	4.5 Use tools to assess for peripheral sensory neuropathy
	4.6 Palpate pedal pulses to assess for peripheral vascular disease
	4.7 Check individual's feet are free from gross deformities, trauma, current infection and ulcerations
	4.8 Examine the individual's footwear to assess suitability and risk status

Learning outcomes The learner will:	Assessment criteria The learner can:
5 Be able to advise individuals with diabetes about foot health	5.1 Assess factors which may limit an individual's ability to self-care
	5.2 Advise the individual /carer about how diabetes can affect foot health
6 Be able to report the outcome of foot examinations	6.1 Record outcomes of activities in line with local policy and protocol, seeking advice for any concerns identified
	6.2 Pass on information about an individual's care requirements to others in line with local policy and protocol

Additional information about the unit

Exemplification of terms used in assessment criteria:

Individual refers to someone requiring care or support; it will usually mean the person or people supported by the learner.

Valid consent (must be in line with agreed UK country definition). May include:

- The individual must have the mental capacity to make the decision
- The individual must have sufficient non-bias information to make an informed choice
- The individual must not be pressured into making a decision and must give consent freely.

Others:

- Team members
- Other colleagues
- Those who use or commission their own health or social care services
- Families, carers and advocates.