

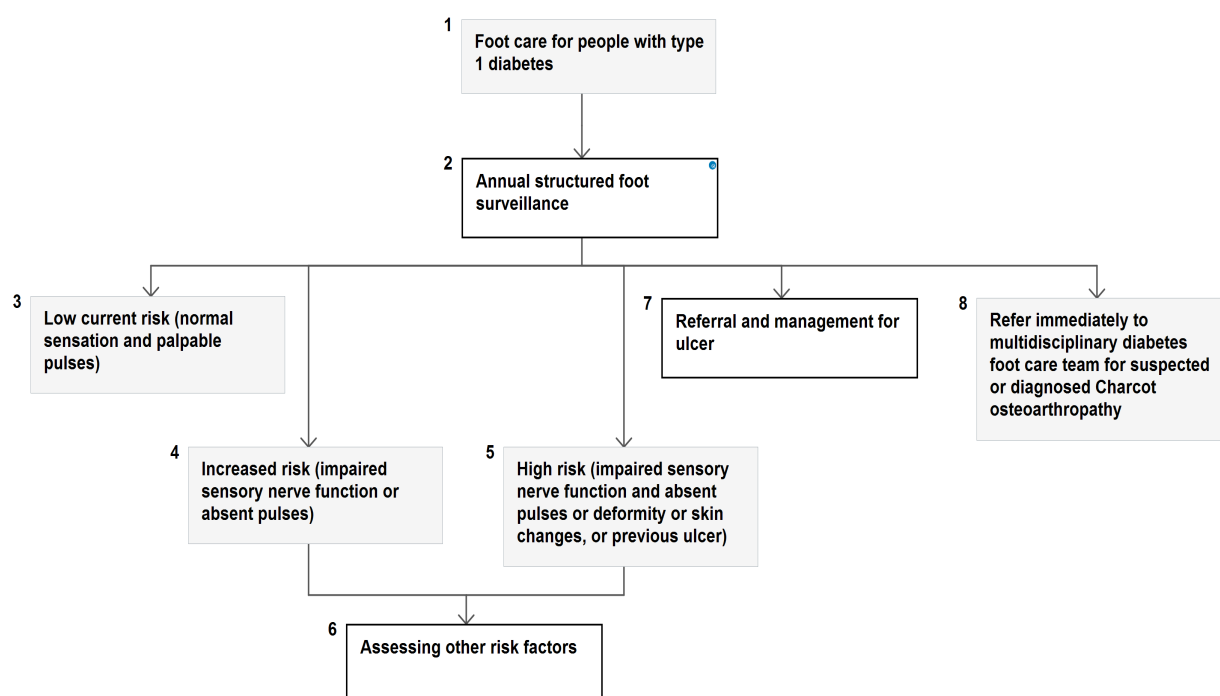
## Foot care for people with type 1 diabetes

A NICE pathway brings together all NICE guidance, quality standards and materials to support implementation on a specific topic area. The pathways are interactive and designed to be used online. This pdf version gives you a single pathway diagram and uses numbering to link the boxes in the diagram to the associated recommendations.

To view the online version of this pathway visit:

<http://pathways.nice.org.uk/pathways/diabetes>

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**1 Foot care for people with type 1 diabetes**

No additional information

**2 Annual structured foot surveillance**

Include:

- educational assessment
- education input commensurate with assessed risk
- reasons for and success of foot surveillance systems.

Check:

- skin condition
- shape and deformity
- impaired sensory nerve function (with 10 g monofilament and non-traumatic pin)
- vascular supply, including peripheral pulses
- shoes.

**Quality standards**

The following quality statement is relevant to this part of the pathway.

9. At-risk foot

**3 Low current risk (normal sensation and palpable pulses)**

No additional information

**4 Increased risk (impaired sensory nerve function or absent pulses)**

No additional information

**5 High risk (impaired sensory nerve function and absent pulses or deformity or skin changes, or previous ulcer)**

No additional information

**6 Assessing other risk factors**

Arrange specific assessment of other risk factors, including deformity, smoking and blood glucose control. For more information see the [diet and lifestyle advice for adults with type 1 diabetes](#) and [managing type 1 diabetes](#) sections of this pathway.

Arrange/reinforce foot care education.

Consider special footwear.

For those at high risk, review as part of formal foot ulcer prevention programme.

**7 Referral and management for ulcer**

Refer urgently as emergency if infected.

Manage according to the [foot care for people with type 2 diabetes](#) section of this pathway.

**8 Refer immediately to multidisciplinary diabetes foot care team for suspected or diagnosed Charcot osteoarthropathy**

No additional information

## Sources

Type 1 diabetes. NICE clinical guideline 15 (2004)

## Your responsibility

The guidance in this pathway represents the view of NICE, which was arrived at after careful consideration of the evidence available. Those working in the NHS, local authorities, the wider public, voluntary and community sectors and the private sector should take it into account when carrying out their professional, managerial or voluntary duties. Implementation of this guidance is the responsibility of local commissioners and/or providers. Commissioners and providers are reminded that it is their responsibility to implement the guidance, in their local context, in light of their duties to avoid unlawful discrimination and to have regard to promoting equality of opportunity. Nothing in this guidance should be interpreted in a way which would be inconsistent with compliance with those duties.

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## Contact NICE

National Institute for Health and Care Excellence  
Level 1A, City Tower  
Piccadilly Plaza  
Manchester  
M1 4BT

[www.nice.org.uk](http://www.nice.org.uk)

[nice@nice.org.uk](mailto:nice@nice.org.uk)

0845 003 7781