



OSCE Checklist: Diabetic Foot Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the patient's lower limbs	
7	Position the patient on the bed, with the head of the bed at 45°	
8	Ask the patient if they have any pain before proceeding with the clinical examination	
9	Gather equipment	
Inspection		
10	Inspect the lower limbs for relevant pathology, making sure to look at the posterior aspect of each leg and between each of the toes for hidden ulcers	
Palpation		
11	Place the dorsal aspect of your hand onto the patient's lower limbs to assess and compare temperature	
12	Palpate the posterior tibial pulse	
13	Palpate the dorsalis pedis pulse	
Sensation		
14	Provide an example of the monofilament sensation on the patient's arm or sternum	
15	With the patient's eyes closed, apply the monofilament to the relevant locations	
16	Palpate the popliteal pulse	
Gait		
17	Ask the patient to walk to the end of the examination room and then turn and walk back whilst you observe their gait	
18	Inspect the patient's footwear	
Other assessments to consider		
19	Assess vibration sensation	
20	Assess proprioception	
21	Assess the ankle-jerk reflex	
To complete the examination...		
22	Explain to the patient that the examination is now finished	
23	Thank the patient for their time	

24	Dispose of PPE appropriately and wash your hands	
25	Summarise your findings	
26	Suggest further assessments and investigations (e.g. bedside capillary blood glucose, serum HbA1c, lower limb neurological examination, peripheral arterial examination, foot care advice, diabetic foot risk assessment)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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