Step 1: Assess sensation for all patients with diabetes on admission with the Ipswich Touch Test:

1. **Remove socks and fully expose feet.**
2. **Tell the patient you will touch their feet.** Confirm with the patient right and left, by firmly touching each leg and saying “this is your right”, “this is your left”.
3. **Inform the patient you are going to touch their feet and ask them to say right or left when they feel you touching them on each side.**
4. **Ask them to close their eyes.**
5. Lightly touch the toes for approximately two seconds following the sequence shown in the image.
6. Circle **Y** for each correct response or **N** for no response or incorrect responses.

**Ipswich Touch Test N score (ITTNS) =**

```
Subject's right foot, your left side
Subject's left foot, your right side
1 2 3 4 5 6
R L
```

Step 2: Identify risk factors

- ITTNS score of 2 **N** or more
- Any cause peripheral neuropathy
- Previous ulcer/amputation/foot infection
- Visual impairment
- Renal failure
- Dementia
- Acute confusion
- CVA
- Decreased GCS

**Number of risk factors identified (risk score) =**

*Date: _____________________________*

If risk score is 1 or more, continue to Step 3.

Step 3: High risk foot care steps (for risk score of 1 or more)

- Elevate feet using appropriate device eg Prevalon Boot.
- Daily moisturise feet using emollients.
- Daily inspect feet thoroughly, including heels and areas in between toes.