

The 10 Commandments of the Diabetic Foot

The 10 Foot Commandments

1. I am thy foot forever. Take good care of me, for thou shalt have no foot other than me
2. Thou shalt regularly debride me, when I develop callosities and ulcers
3. Thou shalt fit me with casts and insoles to offload my high pressure areas
4. Thou shalt carefully look for early signs of infection in me and treat it aggressively
5. Thou shalt diagnose ischaemia without delay and revascularise me
6. Thou shalt educate all patients how to examine me and take care of me
7. Thou shalt carefully inspect the shoes that I have to wear and encourage the use of appropriate footwear
8. Thou shalt continuously aim to achieve tighter blood glucose control for me
9. Thou shalt not commit amputation on me, unless there is a compelling reason
10. Thou shalt not covet thy neighbour's amputation rates, but try to improve yours