

## ACT NOW if you notice these changes to your foot health

For people with diabetes-related foot ulceration, deterioration in foot health can become serious quickly. ACT NOW is an acronym that has been developed by a team of experts so that you know when to seek urgent specialist help.



### **A - Accident?**

Have you had an injury or accident now or in the past? If so, you may have injured your foot that could result in a wound.

### **C - Change?**

On your daily foot inspection, have you noticed any new swelling, redness, or any changes in the shape of your foot? Be alert for any changes that are not usual

for your foot. Remember, the sooner you seek help, the sooner you can prevent your situation from getting worse.

### **T - Temperature?**

Have you noticed a sudden change in the temperature of the foot? Is it cooler or hotter than usual, or when compared to your other foot/limb? A sudden increase in temperature could

indicate inflammation or infection, while a decrease in temperature could indicate a problem with blood supply.

it smells unpleasant, this can also indicate that an infection may be present, so you should seek help urgently.

**N - New pain?**

Pain may be from the ulcer itself, or more widespread. A sudden increase in pain that is accompanied by other symptoms such as heat, more wound fluid and redness could be caused by wound infection. You should contact your healthcare professional urgently.

**W - Wound?**

It is important that you monitor your diabetes-related foot ulcer, including its position, size and how it feels. By being aware of how your wound looks, you can spot if it is deteriorating, or getting larger. If this is the case, seek advice from your healthcare professional.

**O - Oozing?**

If your wound is suddenly producing more wound fluid (exudate) than usual, this can be a sign of wound infection. Similarly, if the exudate contains pus or blood, and if

Remember to use ACT NOW daily to identify any potential problems with your feet. Remember, the sooner you seek help, the sooner you can prevent your situation from getting worse.

# ACT NOW!

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<p><b>N - NEW PAIN?</b></p>	<p><b>O - OOZING?</b></p>	<p><b>W- WOUND?</b></p>

Source: www.qni.org.uk/assessment-tool-for-all-health-care-professionals-and-every-person-with-diabetes/#:~:text=ACT%20NOW%20is%20designed%20as,is%20tissue%27%20in%20diabetes%20care.