



Nottingham Assessment of Functional Footcare
Revised 2015

We would like to know what you do to look after your feet. Please tick the category which best reflects **what you actually do**. Please answer every question. Thank you.

1. Do you examine your feet?

More than once a day	Once a day	2-6 times a week	Once a week or less
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2. Do you check your shoes before you put them on?

Often	Sometimes	Rarely	Never
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3. Do you check your shoes when you take them off?

Often	Sometimes	Rarely	Never
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4. Do you wash your feet?

More than once a day	Once a day	Most days a week	A few days a week
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5. Do you check your feet are dry after washing?

Often	Sometimes	Rarely	Never
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6. Do you dry between your toes?

Always	Often	Sometimes	Rarely/Never
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7. Do you use moisturising cream on your feet?

Daily	Once a week	About once a month	Never
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8. Do you put moisturising cream between your toes?

Daily	About once a week	About once a month	Never
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9. Are your toenails cut?

About once a week	About once a month	Less than once a month	Never
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10. Do you wear slippers with no fastening?

Most of the time	Sometimes	Rarely	Never
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11. Do you wear trainers?

Most of the time	Sometimes	Rarely	Never
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12. Do you wear shoes with lace-up, Velcro or strap fastenings?

Most of the time Sometimes Rarely Never

13. Do you wear pointed-toed shoes?

Most of the time Sometimes Rarely Never

14. Do you wear flip-flops or mules?

Most of the time Sometimes Rarely Never

15. Do you break in new shoes gradually?

Always Most of the time Sometimes Rarely /Never

16. Do you wear artificial fibre (e.g. nylon) socks?

Most of the time Sometimes Rarely Never

17. Do you wear shoes without socks/stockings/tights?

Never Rarely Sometimes Often

18. Do you change your socks/stockings/tights?

More than once a day Daily 4-6 times a week Less than 4 times a week

19. Do you walk around the house in bare feet?

Often Sometimes Rarely Never

20. Do you walk outside in bare feet?

Often Sometimes Rarely Never

21. Do you use a hot water bottle in bed?

Often Sometimes Rarely Never

22. Do you put your feet near the fire?

Often Sometimes Rarely Never

23. Do you put your feet on a radiator?

Often Sometimes Rarely Never

24. Do you use corn remedies/corn plasters/ paints when you get a corn?

Never Rarely Sometimes Often

25. Do you put a dry dressing on a blister when you get one?

Never Rarely Sometimes Often

26. Do you put a dry dressing on a graze, cut or burn when you get one?

Never Rarely Sometimes Often

Thank you for completing this questionnaire