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

2. Do you check your shoes before you put them on?
   Often  Sometimes  Rarely  Never

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

4. Do you wash your feet?
   More than once a day  Once a day  Most days a week  A few days a week

5. Do you check your feet are dry after washing?
   Often  Sometimes  Rarely  Never

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

7. Do you use moisturising cream on your feet?
   Daily  Once a week  About once a month  Never

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

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

10. Do you wear slippers with no fastening?
    Most of the time  Sometimes  Rarely  Never

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