



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 **3** Once a day **2** 2-6 times a week **1** Once a week or less **0**

2. Do you check your shoes before you put them on?

Often **3** Sometimes **2** Rarely **1** Never **0**

3. Do you check your shoes when you take them off?

Often **3** Sometimes **2** Rarely **1** Never **0**

4. Do you wash your feet?

More than once a day **3** Once a day **2** Most days a week **1** A few days a week **0**

5. Do you check your feet are dry after washing?

Often **3** Sometimes **2** Rarely **1** Never **0**

6. Do you dry between your toes?

Always **3** Often **2** Sometimes **1** Rarely/Never **0**

7. Do you use moisturising cream on your feet?

Daily **3** Once a week **2** About once a month **1** Never **0**

8. Do you put moisturising cream between your toes?

Daily **0** About once a week **1** About once a month **2** Never **3**

9. Are your toenails cut?

About once a week **3** About once a month **2** Less than once a month **1** Never **0**

10. Do you wear slippers with no fastening?

Most of the time **0** Sometimes **1** Rarely **2** Never **3**

11. Do you wear trainers?

Most of the time 3 Sometimes 2 Rarely 1 Never 0

12. Do you wear shoes with lace-up, Velcro or strap fastenings?

Most of the time 3 Sometimes 2 Rarely 1 Never 0

13. Do you wear pointed-toed shoes?

Most of the time 0 Sometimes 1 Rarely 2 Never 3

14. Do you wear flip-flops or mules?

Most of the time 0 Sometimes 1 Rarely 2 Never 3

15. Do you break in new shoes gradually?

Always 3 Most of the time 2 Sometimes 1 Rarely /Never

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

Most of the time 0 Sometimes 1 Rarely 2 Never 3

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

Never 3 Rarely 2 Sometimes 1 Often 0

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

More than once a day 3 Daily 2 4-6 times a week 1 Less than 4 times a week 0

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

Often 0 Sometimes 1 Rarely 2 Never 3

20. Do you walk outside in bare feet?

Often 0 Sometimes 1 Rarely 2 Never 3

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

Often 0 Sometimes 1 Rarely 2 Never 3

22. Do you put your feet near the fire?

Often 0 Sometimes 1 Rarely 2 Never 3

23. Do you put your feet on a radiator?

Often 0 Sometimes 1 Rarely 2 Never 3

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

Never 3 Rarely 2 Sometimes 1 Often 0

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

Never 0

Rarely 1

Sometimes 2

Often 3

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

Never 0

Rarely 1

Sometimes 2

Often 3

Thank you for completing this questionnaire

Note on Scoring

Calculate the total score.

In order to compare the score obtained with data on the NAFF 29, multiply the score by 1.115 to obtain the NAFF 29 equivalent.