

WHAT ARE THE TOP 10 STEPS FOR ASSESSING – THE SKIN ON THE LOWER LIMBS – CHECKLIST

A fundamental part of taking care of your lower limbs is paying attention to your skin.

It is important for individuals or their carers to inspect the skin in the lower limbs every day and make note of any changes that can be indicative of any underlying conditions or poor leg health.

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| Colour / Pigmentation | <input type="checkbox"/> 1) Is there any discolouration around the legs or feet? <input type="checkbox"/> 2) Is there any reddish/brown staining above the ankles? <input type="checkbox"/> 3) Does the skin change colour when a finger is pressed down on it? <input type="checkbox"/> 4) How long does it take for the skin to return to its original colour after it is pressed down? |
| Hydration | <input type="checkbox"/> 1) Does the skin appear dry and scaly? |
| Texture | <input type="checkbox"/> 1) Does the skin feel rough and flaky? <input type="checkbox"/> 2) Is the skin peeling in some parts of the lower limbs? <input type="checkbox"/> 3) Is there a noticeable thickening of the outer layer of skin (hyperkeratosis)? <input type="checkbox"/> 4) Does the skin feel wet, soft and wrinkled? <input type="checkbox"/> 5) Does the skin look and feel stretched and tight? |
| Fragility | <input type="checkbox"/> 1) Does the skin look thin? <input type="checkbox"/> 2) Does the skin break or rip easily, even after minimal trauma? <input type="checkbox"/> 3) Is there increased skin tenderness? |
| Warmth / Coolness | <input type="checkbox"/> 1) Does any skin on the lower limbs feel warm? <input type="checkbox"/> 2) Is the skin cold to touch? |
| Infection | <input type="checkbox"/> 1) Are there any signs of cellulitis (pain, pitted skin, redness and warmth)? <input type="checkbox"/> 2) Are there any rashes around the lower limbs? <input type="checkbox"/> 3) Is an existing wound producing excessive exudate? <input type="checkbox"/> 4) Are any skin issues accompanied by fever, chills or nausea? |

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| Broken Skin | <input type="checkbox"/> 1) Are there any cuts, scrapes or cracks in the skin on the lower limbs? <input type="checkbox"/> 2) Is there any ulceration around the legs? |
| Skin Irritation | <input type="checkbox"/> 1) Does the skin feel itchy or tender? <input type="checkbox"/> 2) Does the skin look redder than usual? <input type="checkbox"/> 3) Does the skin feel bumpy? |
| Oedema | <input type="checkbox"/> 1) Are one or both of the lower limbs swollen? <input type="checkbox"/> 2) Is the swelling concentrated around the ankles? |
| Changes In The Veins | <input type="checkbox"/> 1) Are there varicose veins around the legs? <input type="checkbox"/> 2) Has the skin around the varicose veins become dry and itchy? |

Find out more at www.richardsonhealthcare.com

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