

# Leg & Foot Ulcer Questionnaire

- *Leg & foot ulcers affect people in many different ways*
- *They can interfere with various aspects of life*
- *The purpose of this questionnaire is to find out  
in what ways your life is affected by your  
leg or foot ulcer*

## Part One

Would you please provide the following information before going on to the rest of the questionnaire: Age \_\_\_\_ Male  Female   
Please tick

Have you ever stayed in hospital because of your ulcer?

Yes  No  Please tick

Would you say that you are largely housebound these days?

Yes  No  Please tick

If yes, is this because of your leg ulcer?

Yes  No  Please tick

Just at the moment, would you say your ulcer is staying the same, getting better or getting worse? Please put a cross on the line where it applies to you

Getting Worse

Staying the Same

Getting Better



## Part Two

*The following questions ask you about your leg ulcer now.  
Now means **within the last two weeks**.*

*Please tick  the answer which best applies to you.*

**At most, how *painful* is your ulcer?**

Please  
tick one  
only

- Don't notice it
- Uncomfortable rather than painful
- Hurts a little
- Painful
- Very painful
- Excruciatingly painful
- As much pain as I could imagine

**Does your ulcer  
disturb your sleep?**

Please  
tick one  
only

- Doesn't disturb me
- Disturbs me only when going to sleep
- Sometimes wakes me up
- Keeps me awake a lot
- Keeps me awake most of the night

*On average, how long per day do you spend trying to help your ulcer heal?*

Such as:

Ankle and leg exercises  
Raising your legs

Please  
tick one  
only  
✓

- Less than 15 minutes
- About half an hour
- About an hour
- About an hour and a half
- About two hours
- Three or more hours

*In total, how long do you spend thinking about your ulcer during the day?*

Please  
tick one  
only  
✓

- Less than 15 minutes
- About half an hour
- About an hour
- About an hour and a half
- About two hours
- About three hours
- About four hours
- Most of the day
- Most of the day and night

### Part Three

Below is a list of statements which describe how people sometimes feel when they have leg ulcers. Please decide whether the statement applies to you by showing whether you feel that way

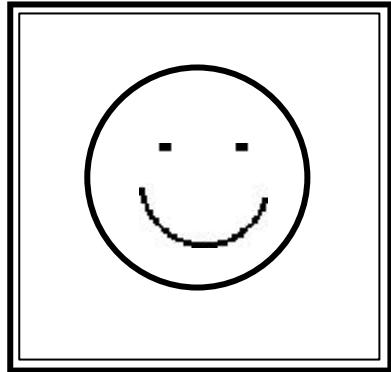
NEVER      SOMETIMES      OFTEN      ALWAYS

Please tick  the answer which best applies to you.

**PLEASE MAKE SURE YOU ANSWER ALL QUESTIONS**

	NEVER	SOMETIMES	OFTEN	ALWAYS
1. I am afraid of having children on my knee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I can shop in crowded places	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I am frightened of shopping trolleys or bags bumping into me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Getting on or off a bus is difficult because of my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I walk easily despite my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I look at the ground when I walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I try to keep away from cats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. My ulcer stops me visiting friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. My ulcer prevents me from wearing the type of shoes I prefer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. My ulcer makes it difficult to climb stairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. My ulcer restricts where I can travel to, e.g. restricting holidays or business trips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I think my ulcer will never leave me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. My ulcer gets in the way of my personal relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	NEVER	SOMETIMES	OFTEN	ALWAYS
14. I can't be bothered to do things because of my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I feel I am not going to be beaten by my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. My ulcer makes me feel depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I ask myself "Why me"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. My feet dominate my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I think that the worst thing about my ulcer is the way it goes on and on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I find it easy to get out and about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I cry with frustration	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have slowed down a lot because of my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I don't really know what to do to help my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I am just as quick as ever I used to be	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I find the treatment (stockings or cream) easy to live with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have to hide my legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. My ulcer makes me conscious of what I am wearing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I take painkillers for my ulcer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I find treating my ulcer expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



*Thank you very much for helping us with our research.*

***If you would like Dr. Fisher to see this part of the questionnaire to help him manage your asthma, please fill in your name here.***

**Name**

*Please return the questionnaire to  
the District Nurse next time she calls  
to see you.*