

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, অন্ধ ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tîp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Individual Advice

.....

.....

.....

.....

.....

.....

.....

.....

Produced by the Scottish Diabetes - Foot Action Group. Based on the original leaflet produced by the Scottish Diabetes Group - Foot Action Group, with help from service users.

*Implemented Nov 2018, review date 2020
Leaflet code: F-DFLR-19-803.*



Low risk of non-healing wounds and amputation



Diabetes information and advice to help protect your life and limbs

Helping people to be
the best they can be

Why is diabetes a risk to your feet?

Diabetes is a lifelong condition which can cause life-and limb-threatening problems. Some of these problems can occur because the nerves and blood vessels, including those supplying your legs and feet, are damaged.

**This can change:
the feeling in your feet (peripheral neuropathy); and
the circulation in your feet (ischaemia).**

These changes can be very gradual and you may not notice them. This is why it is essential you have your feet checked (screened) every year by a suitably trained health-care worker.

What is my foot score and what does it mean?

Your foot check has shown that you do not have nerve or blood vessel damage at present and you are currently at a low risk of developing non-healing foot wounds that are due to your diabetes. The development of foot wounds in people with diabetes is serious as they are linked to an increased risk of heart attacks, strokes, amputations of the foot or leg and early death.

Controlling your diabetes, cholesterol and blood pressure, stopping smoking, increasing cardiovascular exercise and controlling your weight helps to reduce the risk of these life-and limb-threatening problems.

Note: You may be at further risk of cardiovascular problems if you have a family history of heart disease.

As your feet are currently at low risk, you can continue to carry out your own general foot care unless you develop a new foot problem.

If you follow the advice and information in this leaflet, it will help you to take care of your feet between your yearly foot checks. This will help you to reduce the risk of developing life-and limb - threatening problems

What should I do if I have a concern or problem with my feet?

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness.

If you develop any of the following problems, it is important that you contact your Multi-disciplinary Foot Care Team, local Podiatry Department or GP for advice as soon as possible (within 24 hours).

A red, hot, swollen toe or foot

A break or wound in the skin that does not heal

New redness or discolouration of your toe or foot

What can I do to reduce my risk of developing problems?

You should wash your feet every day in warm water and with a mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin.

Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you cannot do this yourself, ask your partner or carer to help you.

Badly-fitting footwear

Badly-fitting shoes are a common cause of irritation or damage to feet. If you discover any breaks in the skin or blisters cover them with a sterile dressing - Do not burst blisters.

Wash your feet every day

You should wash your feet every day in warm water and with mild soap.

Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin.

Moisturise your feet every day

If your skin is dry, apply a moisturising cream, avoiding the areas between your toes.

Toenail care

Cut or file your toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail. Socks, stockings and tights

Change your socks, stockings or tights regularly. They should not have bulky seams and the tops should not be elasticated.

Check your shoes

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

Over-the-counter corn remedies

Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can be highly dangerous and can lead to new wounds and infections.

Appointments

It is important that you attend your yearly screening appointment as well as all of your regular diabetes review appointments. This reduces the risk of problems developing.

Note: At the very least, you should have a diabetes review from your GP every year.