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| <p>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, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p> |
| <p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિચિત્ર ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Incidents Team**, Trust Headquarters Redesmere, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwps.nhs.uk

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The information in the leaflet was valid at the date of production **Oct 16** and is due for review in **Oct 18**.

Leaflet code: F-OFPWPM-11-491

Offloading for patients with poor mobility

For patients who are mainly bed/housebound

The Podiatry Administration Office, Room 65, 1829 Building, Countess of Chester Health Park, Liverpool Road, Chester CH2 1HJ

Telephone 01244 385000 Monday to Friday between 09:30–12:00 and 13:30–16:00

Introduction

You have a wound on your foot, caused by excessive pressure.

Because of this we recommend that you use:

1. Shoes which are broad fitting and have a deeper toe box as can be purchased from companies such as COSYFEET.
2. Change your surgical stockings to ones with no toes in and push back away from toe area.
3. A device to offload pressure from your mattress while you are in bed, such as the Heellift boot which can be purchased (see below)
4. A stool with a cushion to rest your legs on which leaves your heels overhanging so they are not touching anything.
5. A cushion across your wheelchair foot rests to prevent rubbing on the underside of your foot.

.Why do I need to offload the foot?

A high pressure on your skin has caused your skin to breakdown into a wound.

Will changing my footwear help my foot condition?

Yes because the pressure is across your foot and tight footwear will stop the blood flow through to the skin.

Would changing my surgical stockings cause other problems in my legs?

No changing to the open toe type still allows the stockings to do their work on your legs but leaving the toes free which will prevent your nails from pressing into your skin. It can also stop pressure between the toes which can cause corns or ulcers due to the toes being pulled together too tightly.

What else can I do to help my foot problem?

Follow your podiatrist's advice to keep the dressing dry and not to wash it until proper scabbing or healing has occurred. Check the wound area every day (what you can see). Look for signs of redness, undue pain in area or if you feel shivery or shaky you must inform your carer, nurse, podiatrist or GP, as you may have an infection in the wound especially if you have diabetes.

How can I keep my foot dry?

The podiatrist may prescribe a seal- tight wound protector for you to wear while you are in the shower - your GP can prescribe these. Otherwise you should strip wash only to avoid getting the wound wet. Please let your carer know if you have been told to keep your wound dry.

What will the Heellift boot do?

It will keep your heel off the surface of your mattress as it this pressure that has caused the wound on your foot.

Can I walk in it?

No because of its bulk it could cause you to fall, its function is purely for offloading whilst in bed or lying down.

Useful numbers

The following are contact numbers for products recommended but are not an finite list of companies you can access. The internet is a good source for products which offload the foot.

Cosy feet- Telephone 01458-447275

Wider feet shoes Ltd. Telephone 01933 311077

Heellift boot. www.heellift.co.uk telephone 01274-271099

Seal- tight leaflet available from telephone 0870 041 0150 .