

## Complaints / PALS Information

Whether you want to complain, enquire or simply talk to someone about your concerns, we are here to help and support you.

**North Somerset Community Partnership Patient Advice & Liaison Service (PALS) Office can be contacted at:**

Patient Advice & Liaison Service (PALS)  
North Somerset Community Partnership  
Castlewood POX Box 237  
Tickenham Road  
Clevedon  
North Somerset  
BS21 9AX

**Freephone: 0800 389 5260**

**Email: [nscp.pals@nsomersetcp-cic.nhs.uk](mailto:nscp.pals@nsomersetcp-cic.nhs.uk)**

If you require this leaflet in large print, braille, audio format or in another language please contact the Patient Advice and Liaison Service. (PALS) Please contact us on the freephone number or email address above. We are pleased to offer a telephone interpreting service. For further details on how to access this service, please contact PALS using the details above.

Patient information leaflets are available for all services provided by North Somerset Community Partnership. Please ask your health care professional. North Somerset Community Partnership is committed to Equality and Diversity for both staff and those who use our services.



Updated Mar 2014



Taking Care of your Feet

## Diabetic feet on holiday

Department of Podiatric Medicine



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## Checklist

Long journeys on trains, buses and planes can make your feet swell.

- Walk up and down the aisle every half hour - the exercise will help to keep the swelling down.
- Make sure that your shoes don't become too tight – take a pair of loose sandals for the journey.
- If you normally wear hospital shoes, then wear them on holiday too. Remember that changing over to ordinary shoes could cause an ulcer – and ruin your holiday.
- Avoid walking barefoot, especially over hot sand and concrete.
- On the beach, and in the sea, wear plastic sandals.
- Avoid sunburn to your feet and legs. Use a high factor sunscreen or keep covered.
- Don't forget the soles of your feet.
- If your skin gets very dry in the hot weather, you may need to apply more moisturising cream than usual. Pay special attention to your heels, dry skin will easily cause cracks. If your feet become moist, dab the affected areas with a little surgical spirit on cotton wool. Do not use on broken skin
- Take a small supply of sterile dressings, and medical adhesive tape like micro pore on holiday. Clean any small blisters, cuts or grazes with diluted salt water and tape on a dry dressing.

### Seek medical advice immediately.

Examine your feet daily for sores, swelling or colour changes. If any of these problems develop, then visit the local HCPC Registered Podiatrist/ Chiropodist or local emergency department doctor.

Remember, delays in seeking treatment make foot problems worse. Seek early treatment for all holiday foot problems via the local GP.

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## For further information please contact:

The Department of Podiatric Medicine  
Clevedon Community Hospital  
Old Street  
Clevedon  
North Somerset  
BS21 6BS

### For Weston, Winscombe, Worle & Yatton Clinics

Telephone: [01275 547 085](tel:01275547085) or

### For Clevedon, Nailsea & Portishead Clinics

Telephone: [01275 342 285](tel:01275342285)

