

For further information please contact:

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Clevedon Community Hospital
Old Street
Clevedon
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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)



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](tel:08003895260)

Email: 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

For people with Diabetes and their carers

Department of Podiatric Medicine



A simple guide to looking after diabetic feet

You can keep your feet healthy by following a few simple guidelines:

Keep your Blood Sugar under good control.

This will help to reduce the effects of all the complications.

Make sure you inspect your feet at least once a day.

Hygiene - It is very important to keep your feet clean:

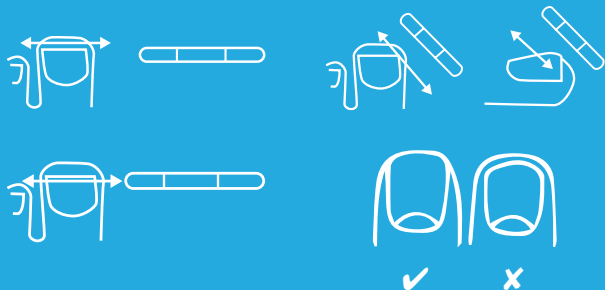
- Try to wash your feet every day
- Do not soak your feet for long periods
- Dry your feet thoroughly, especially between the toes

Nail Care - It is OK to cut your own nails if:

- You have good vision
- You can feel your feet
- Your blood supply is good
- Your nails are normal and not too thick
- You can reach comfortably

If you do cut your own nails

- Cut them to the shape of your toes
- Do not cut them too short or down the side of your nails
- File them after cutting them to remove rough edges
- If you are not happy about cutting your nails try filing them frequently with a good file



How does Diabetes affect your feet?

Neuropathy

This is what happens when the nerves to your feet stop working properly. When this occurs it can lead to loss of feeling or uncomfortable or painful feelings in your feet. You may not feel blisters or sore areas on your feet before they become worse. This can be how foot ulcers start.

Poor blood supply

Blood vessels in the leg which supply blood to the feet can become narrow and this reduces the amount of blood which can get to feet. This is called ischaemia. If blood supply is poor any injury to the foot may not heal easily. If the blood flow stops the skin will die - this is called gangrene. Smoking makes the blood supply worse, especially if you are Diabetic. Your Podiatrist, GP or Practice Nurse will monitor your feet for any change.

Infection

Diabetes makes it difficult for the body to fight infection. This means that it is difficult to get rid of foot infections and any cut or break in the skin is more likely to become infected. It is therefore very important to keep your feet as clean as possible and to have any infections seen by a health professional as quickly as possible.

Skin

Diabetes can lead to very dry skin, which may crack.

Follow these simple rules to prevent problems

- Use a good moisturising cream every day
- Do not use the cream between your toes
- Check your skin for cuts, blisters or cracks every day
- If you have corns or callus do not try to treat them yourself. Always seek professional advice
- Do not use any foot products unless they are recommended by your Doctor, Nurse or a Podiatrist

Footwear

For happy healthy feet it is very important that your shoes are correctly fitted. Most foot injuries are caused by poorly fitted shoes. Follow these simple rules:

- Avoid slip-on shoes and slippers
- Check the inside of your shoes for loose objects and rough areas before wearing them
- Check the length, width, depth and fastening of the shoes before buying them – have room to wiggle your toes
- Never go barefoot

Warning Signs

If you have any of the following symptoms you should contact your Doctor, Podiatrist, District or Practice Nurse for advice or emergency department out of hours.

- if you find a cut or break in your skin that hasn't started to heal in a few days
- if you find discharge oozing from under hard skin or a nail
- If your foot or leg becomes red, hot, swollen or painful
- If you get hot or cold sweats and flu-like aches which might suggest an infection

Contact Numbers

Doctor

Practice Nurse

Diabetic foot Clinic

Nurse