

The Podiatrist's role in your foot care

Podiatrists are also known as Chiropodists. All Podiatrists employed within the NHS require to be registered and have Podiatry to Diploma or Degree level. The term Podiatrist is being used more widely now and is the title adopted internationally for a specialist in disorders and conditions of the foot.

Your Podiatrist will examine your feet for any signs or symptoms of abnormality or diabetic foot disease. How often this is carried out depends very much on your individual assessment. Prevention of foot problems is important and your Podiatrist will discuss your foot health needs with you and this will include how often your feet should be examined.

We need to work with you in a partnership to ensure that we do our best to keep your feet healthy.

Specific advice about your nail care:

Your next foot assessment is due:

LOCAL CONTACT NUMBERS

Podiatry Department: 01851 70 8285

GP Practice:



Looking after your Feet

**Diabetes
Risk 1**

(Low Risk)

Diabetes is a life long disease that can cause problems with your feet. These usually occur because of damage to nerves (affecting feeling and blood vessels (affecting circulation).

Keeping your diabetes well controlled and getting into the habit of checking your feet daily for any signs of irritation when you take your shoes and socks off can prevent problems developing.

Screening today has shown that your feet are in the **Risk 1 Category**, this means that you do not require regular Podiatry treatment. With the following advice you will be able to care for them yourself.

- ❑ **If you notice a problem and something is red and swollen or are feeling pain, contact your Podiatrist or doctor straight away.
(Number on reverse)**

Here are some daily preventative tips to safeguard against potential foot problems:-

- ❑ Wash your feet every day using tepid water, but don't soak them for more than 10 minutes
- ❑ Dry your feet thoroughly paying particular attention to between the toes.
- ❑ If your skin is dry, apply moisturising cream daily, avoiding the area between the toes.
- ❑ When purchasing shoes always try to have your feet measured. Your podiatrist will advise you on a style of shoe that best suits your foot.



❑ Top tips on Nail care

- ❑ Having diabetes means that care has to be taken when trimming your toenails. Your Podiatrist may recommend that you or a friend could cut or file your nails.
- ❑ If your nails become too long they can cut into the next toe, causing it to bleed. It is advisable to cut nails regularly to avoid this.
- ❑ The best tools to cut nails with are clippers, use an emery board to file any rough edges. When cutting nails follow the shape of the edge of the toes.
- ❑ Cutting the nails too short can leave them painful. It also increases the risk of cutting the skin and making the toe bleed. Should this happen cover the sore area with a plaster and keep it clean.
- ❑ An ingrowing toenail occurs when the edges of the nail have been cut away and a spike has been left to grow and pierce into the skin. This can cause inflammation and infection. Please seek advice from your podiatrist about this.
- ❑ Training for you, a family member or carer can be arranged, please contact your Podiatrist if you wish some basic footcare training.