

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 provide or refer you on for treatment if this is needed.

They will also provide advice that will help you to look after your feet and prevent foot problems. 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 2

(Moderate Risk)

Diabetes is a lifelong disease that can cause problems with your feet. High sugar levels in the blood can damage the nerves (affecting feeling) and blood vessels (affecting circulation)

Screening today has shown that your feet are in the **Risk 2 Category** for developing problems. This could be because you have one or more of the following symptoms:

- ❑ Loss of sensation (neuropathy)
- ❑ Reduced circulation (peripheral arterial disease)
- ❑ Hard Skin (callus)
- ❑ Foot deformity
- ❑ Impaired vision (retinopathy)

(clinician please tick)

Caring for your feet

Ensuring your diabetes is well controlled helps to keep your feet healthy. This is helped by having an annual foot check by your podiatrist. The loss of sensation (neuropathy) can mean that you are at risk of developing blisters, cuts or ulcers without being aware of them. This can be made worse by having poor circulation (Peripheral arterial disease) causing a delay in healing

❑ **Check your feet daily**

Look at your feet daily, for any cuts, sores, redness or swelling. If you struggle to reach your feet place a mirror on the floor, this will help you look at the soles of your feet. If you have poor eyesight ask a friend to do this for you. Keep your feet clean by washing them every day. Because your ability to feel hot and cold may be reduced, test the water with your elbow or ask someone to test the temperature for you. Dry them carefully with a soft towel, paying attention to drying between toes, this helps to prevent problems.

Footwear

Shoes are a common cause of damage to feet as you might not feel them rubbing. Always wear good fitting shoes with soft uppers (preferably leather) and with a strap or lace to hold your foot securely in the shoe.

Have your feet measured for new shoes and ensure they are the right length and that they are deep and wide enough at the toe area. If you have been issued with special footwear, it is important that you only wear these shoes.

Callus

The presence of hard skin (callus and corns) may be an indication that there are areas of high pressure on your feet. Changes in the shape and pressure distribution in your feet means that you are more likely to develop callus and corns.

Your podiatrist may provide you with an insole to help reduce the pressure from the area. It is never advisable to use home corn cures as they usually contain acid that can burn the skin and leave it raw and tender.



Contact your podiatrist, GP or someone from your diabetes care team right away if you notice anything unusual or different about your feet e.g.

- If you find a cut or break in the skin that doesn't start to heal within a few days.
- If you discover fluid oozing from under hard skin or from a toenail
- If any part of your foot becomes red or swollen.