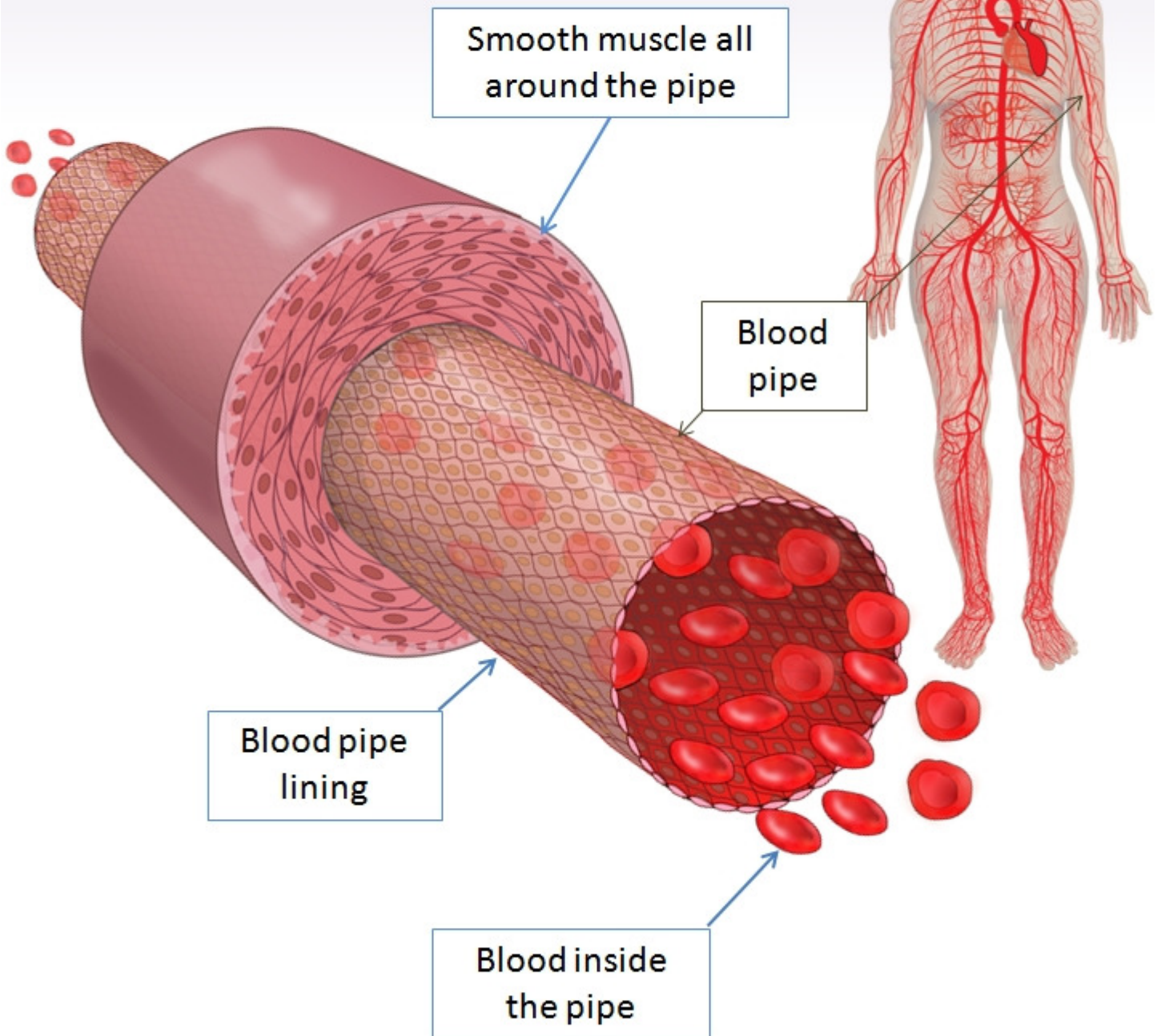


Blood pressure Your blood pipes

1 Your blood pipes control your blood pressure



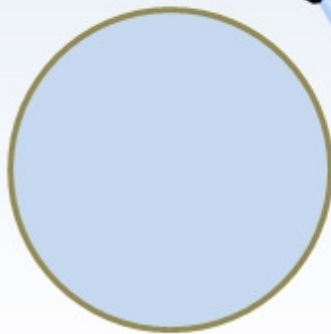
2 The smooth muscle around your blood pipe can make the inside of the pipe bigger and smaller



Blood pipes are like a garden hose

1

If the garden hose has a loose nozzle. The water comes out slowly. The opening is big



The opening is big

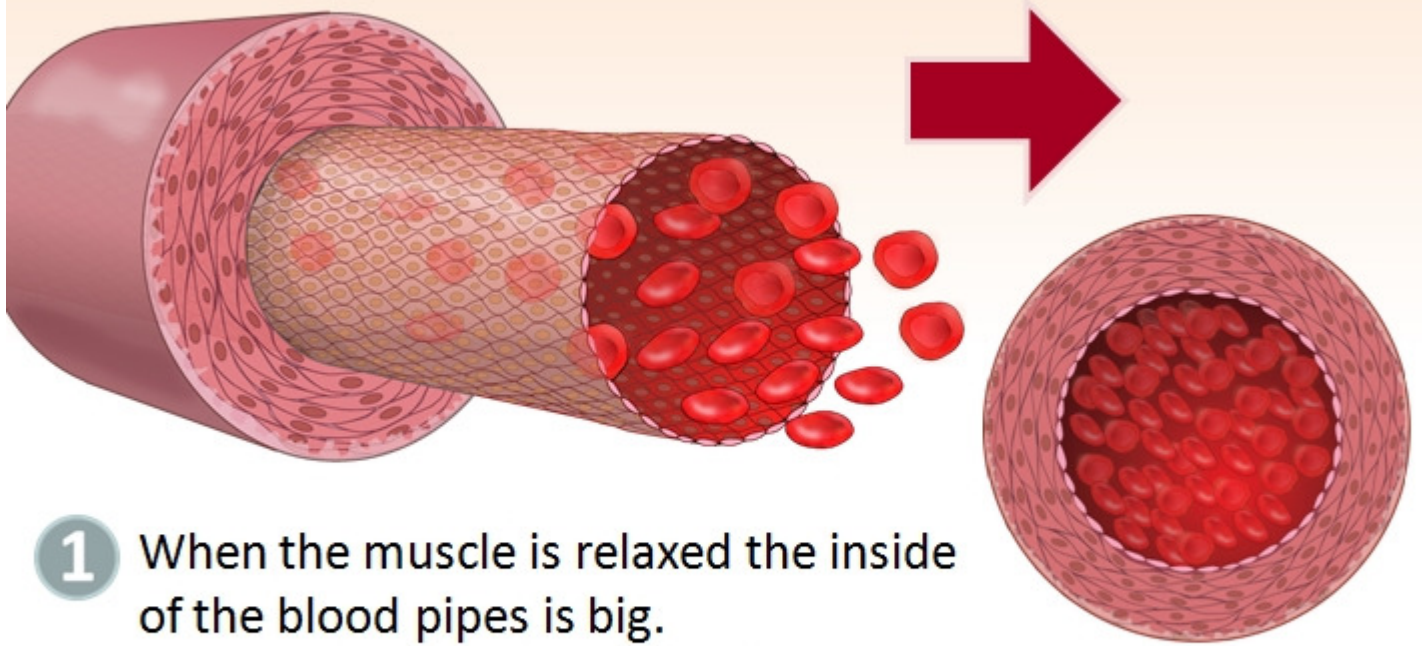
2

When you tighten the nozzle you make the inside of the pipe smaller. The pressure increases and the water comes out faster.



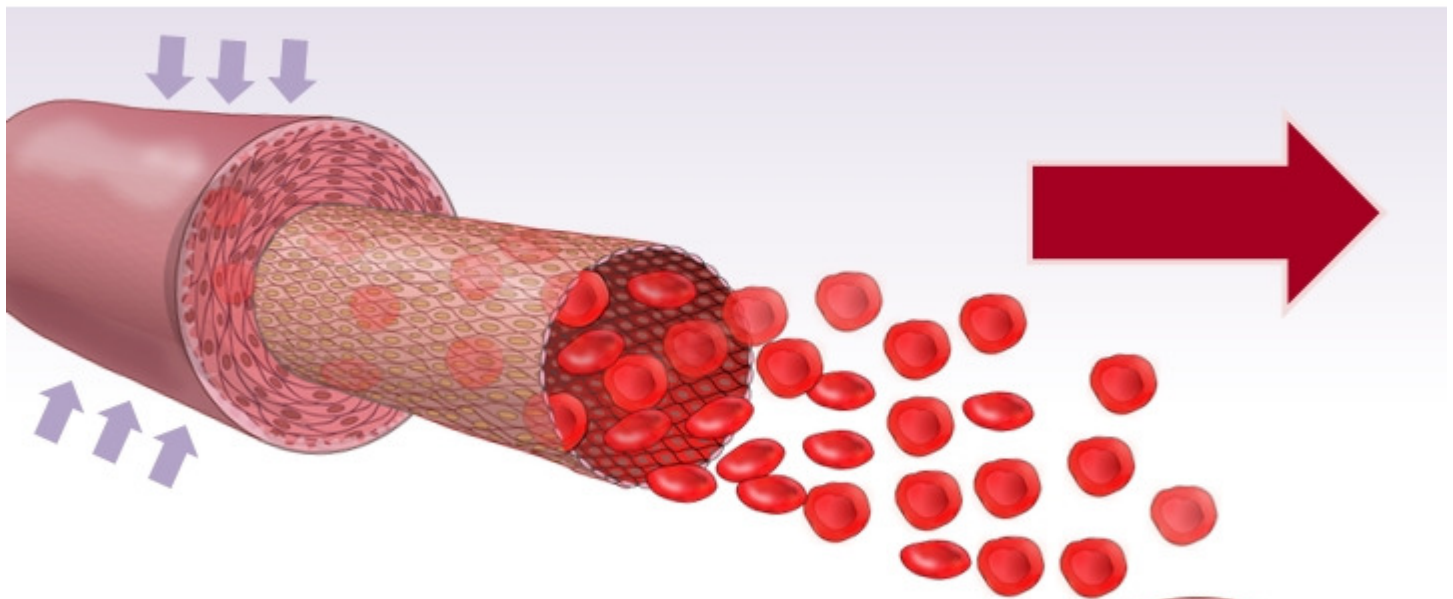
The opening is small

Blood pressure Your blood pipes



- 1 When the muscle is relaxed the inside of the blood pipes is big. The blood flows slowly and the pressure is

low



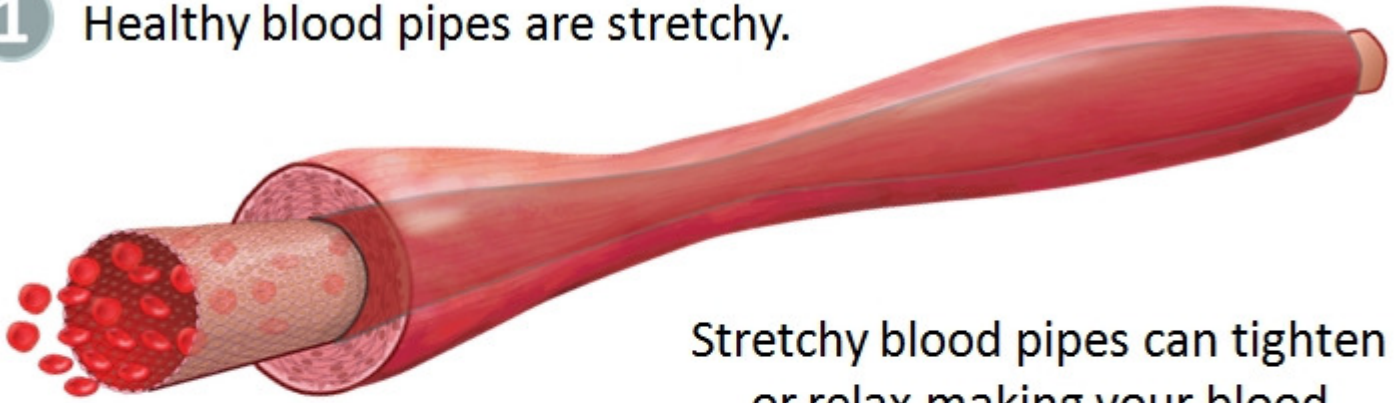
- 2 The muscles in the blood pipe tighten and the pipe gets smaller. The blood flows fast and the pressure is

high



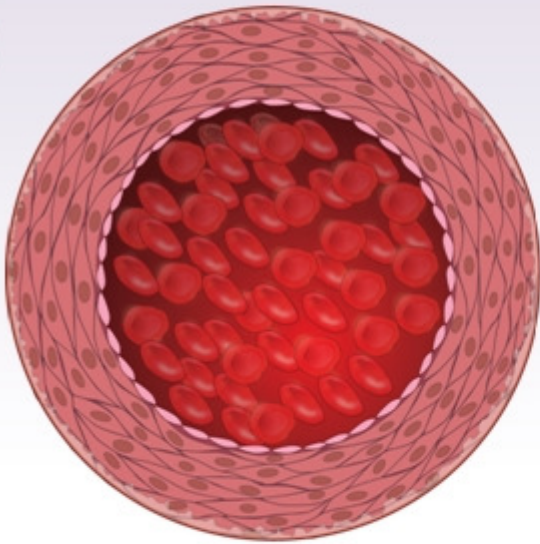
Blood pressure Your blood pipes

1 Healthy blood pipes are stretchy.



Stretchy blood pipes can tighten or relax making your blood pressure go up and down

2



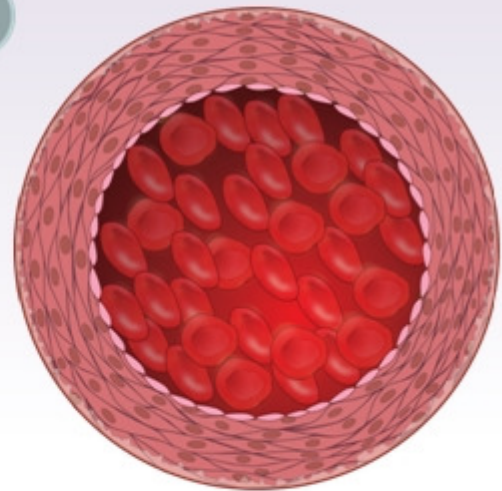
Healthy relaxed blood pipes have a blood pressure of

130

80

or lower

3



Blood pipes which don't relax have a blood pressure of

140

90

165

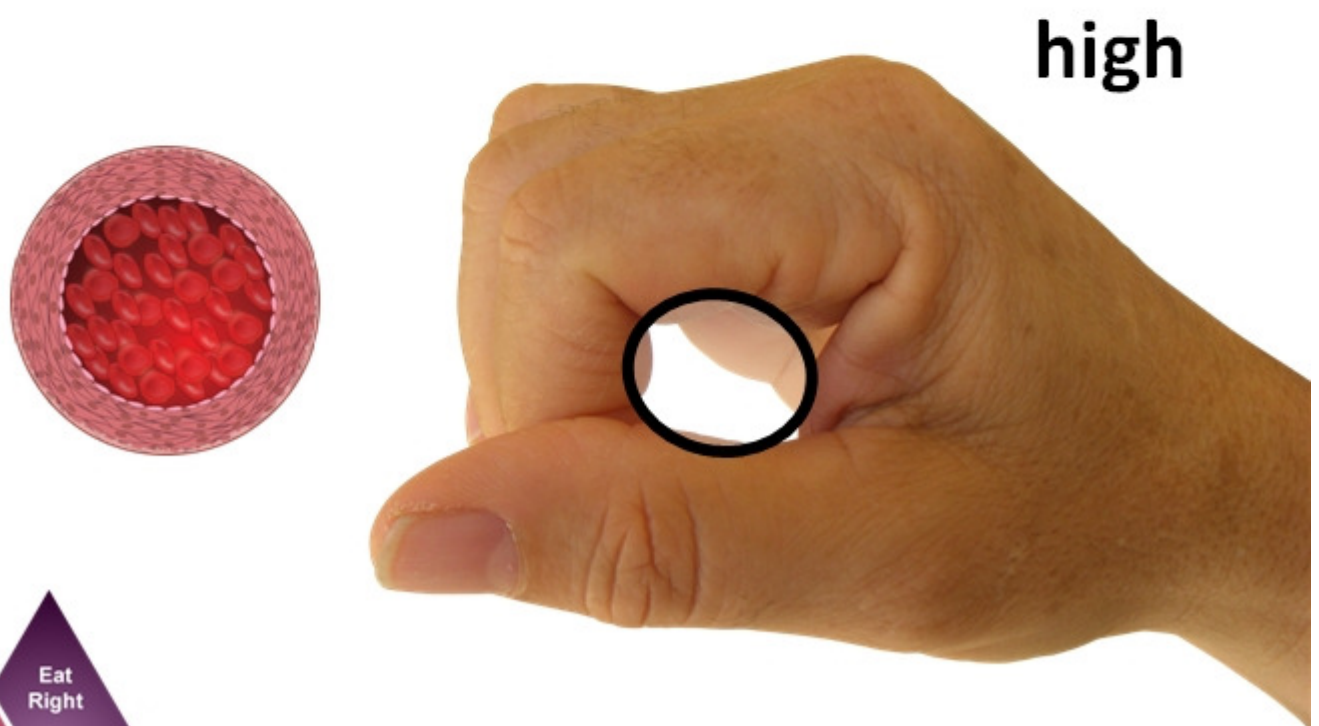
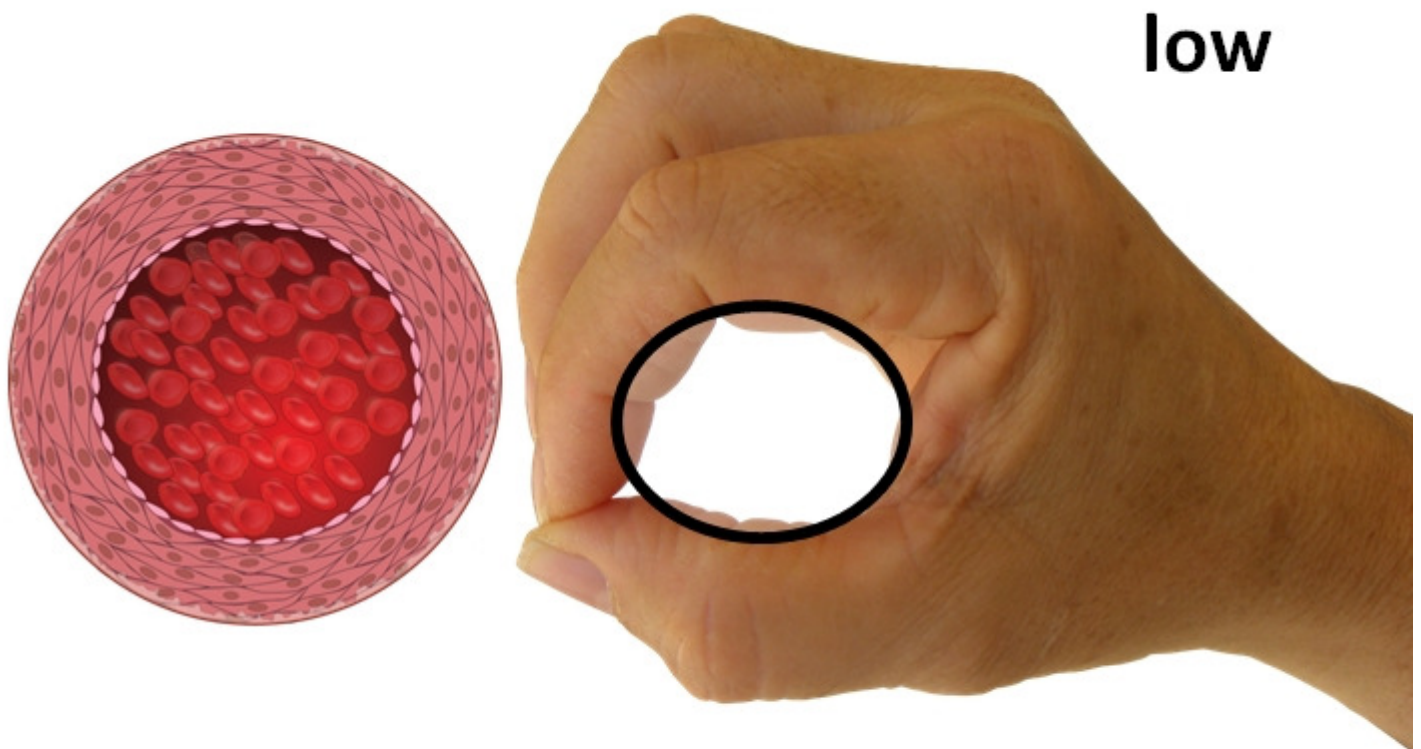
105

or higher



Blood pressure Your blood pipes

- 1 You can use your hand to explain how your blood pipes control your blood pressure



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Key health competencies:

After using the resource a client should be able to show or tell you about:

- How to wash their feet.
- Keep between their toes healthy.
- Why you need to use a clean towel & look for blood or pus on the towel after it has been used .
- How to use skin cream on their feet
- The importance of wearing a pair of new socks every day & changing socks if they get wet or sweaty.
- Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
- How to remove hard skin safely..
- How to keep their toenails smooth.
- To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
- Never cutting their own nails unless they have talked to the podiatrist or nurse first

Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards
- Foot care– Body parts

Notes:

The resource can be printed A3 or A4 size and then laminated.

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