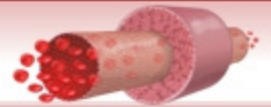
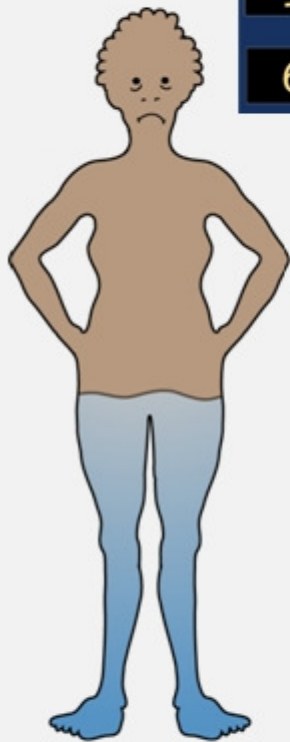


Blood pressure Making it hard for your blood pipes

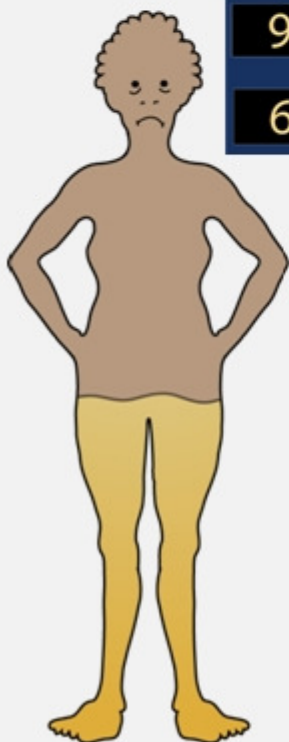


Not enough water and fat in your body will make your blood pressure go **LOW**



90

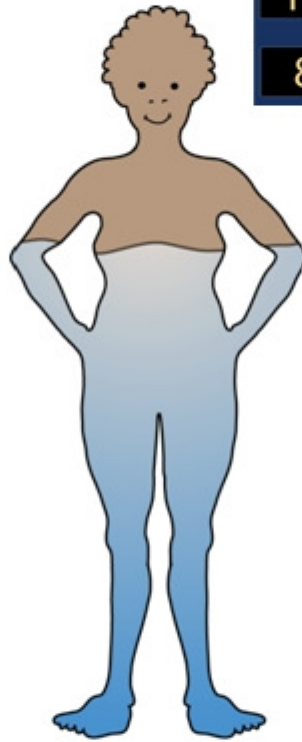
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90

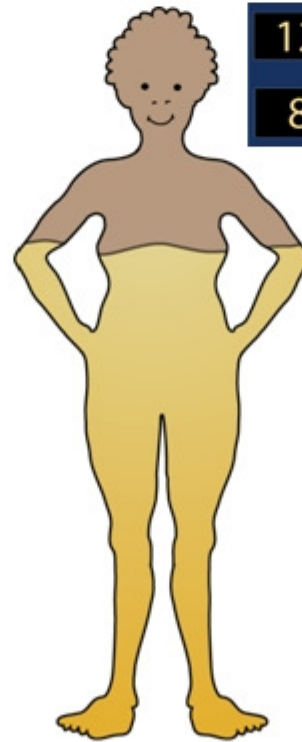
60

The right amount of water and fat in your body will keep your blood pressure **RIGHT**



120

80

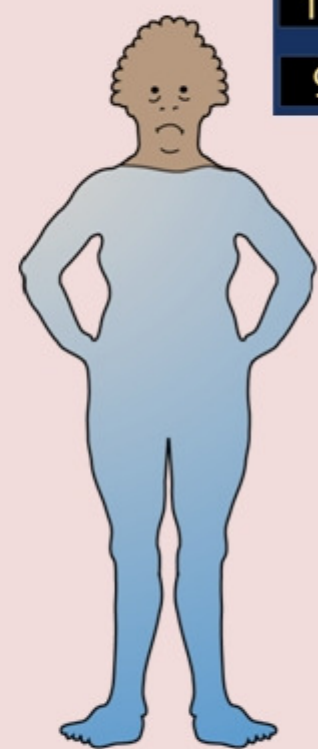


120

80

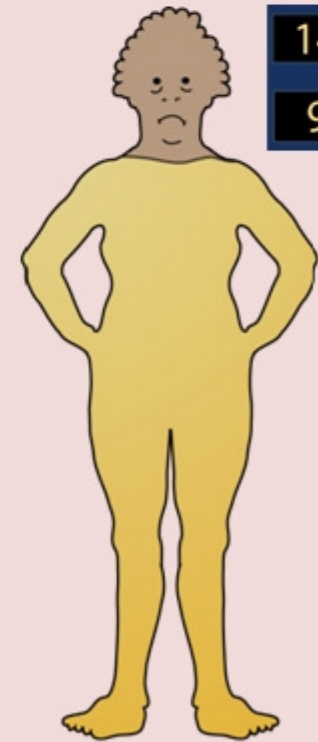
Too much water and fat in your body will make your blood pressure go

HIGH



140

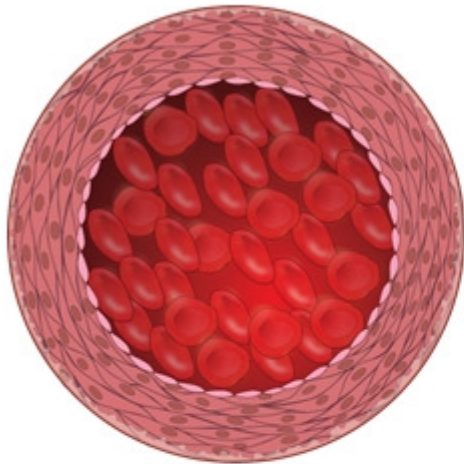
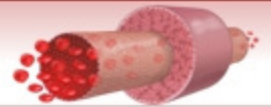
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140

90

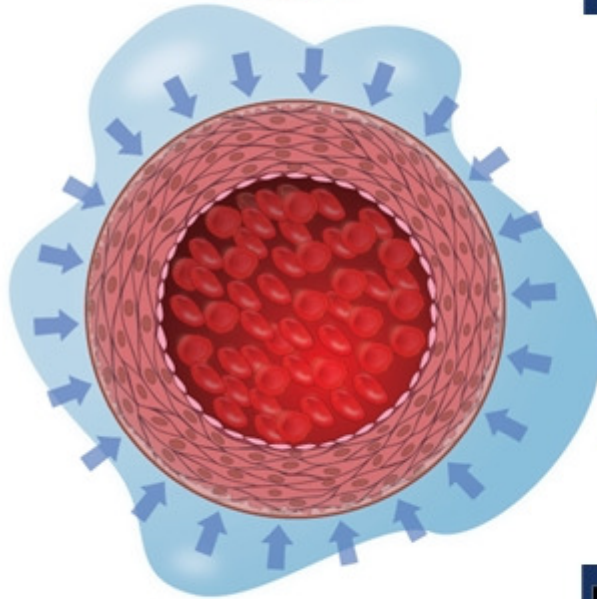
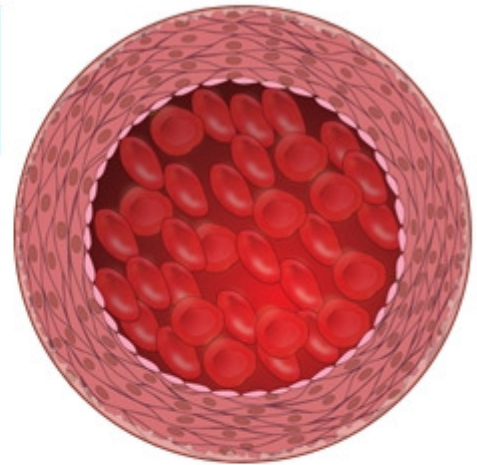




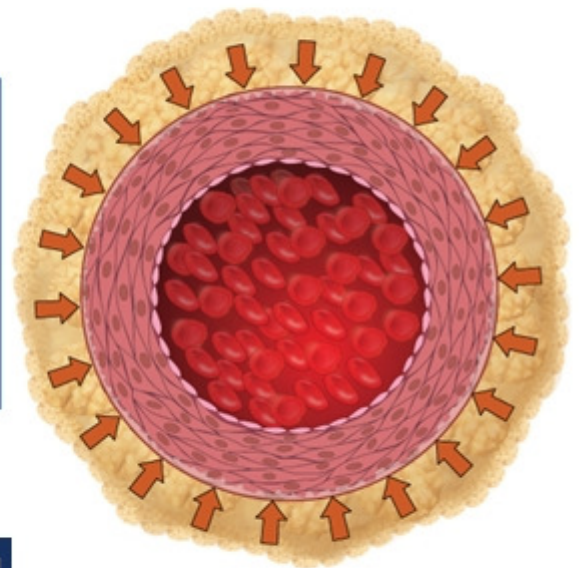
Blood pressure
RIGHT

120

80

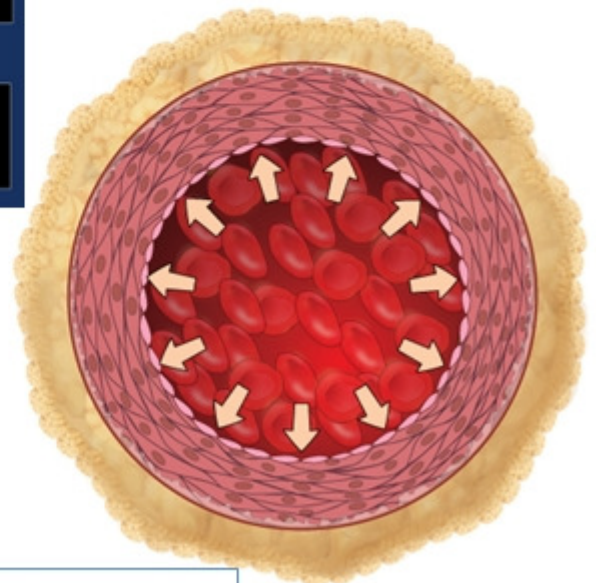
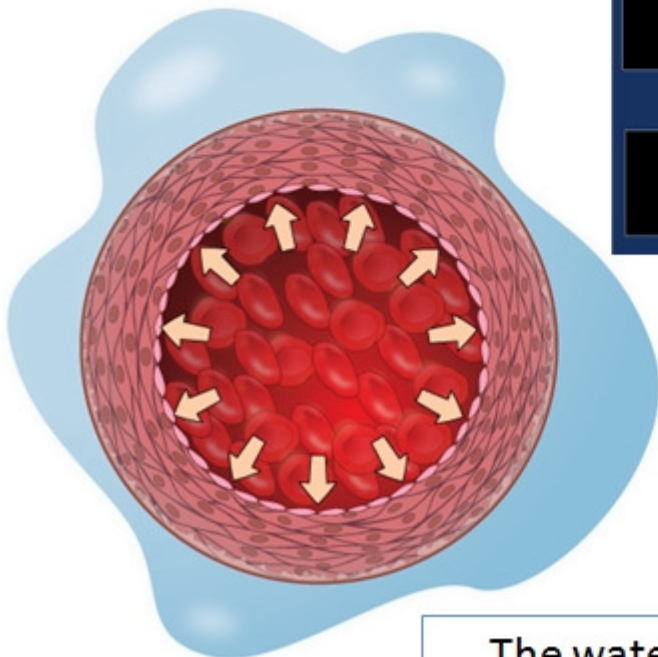


Water or
fat
squeeze
your
blood
pipes



140

90



The water & fat make your
blood pressure **HIGH**



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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