

Diabetes Foot Care Looking after your feet

1 Wash your feet every day



2 Use warm water

3 Test the water with your elbow



4 Use soap



Keep in between your toes healthy

1 Put methylated spirit between your toes



- The methylated spirits keeps between you toes dry.
- The methylated spirits stops mould and fungus growing



Live fungal infection



Dead fungal infection

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Always

1 Use a clean towel



2 Dry between your toes



3 Check your towel for blood or puss



blood

puss



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- 1 Rub cream into your feet 2 times a day



The cream will help stop your skin drying up and cracking

- 2 Don't put cream between your toes



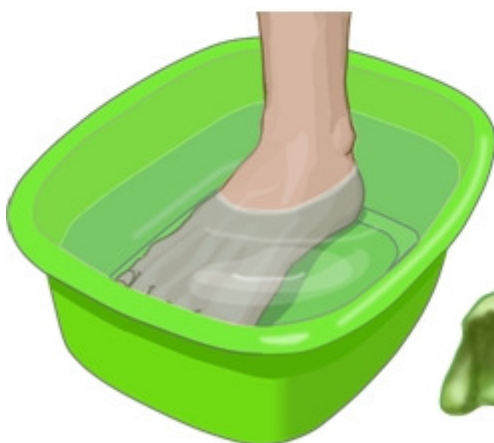
Socks

- 1 Put a new pair of clean socks on each day.

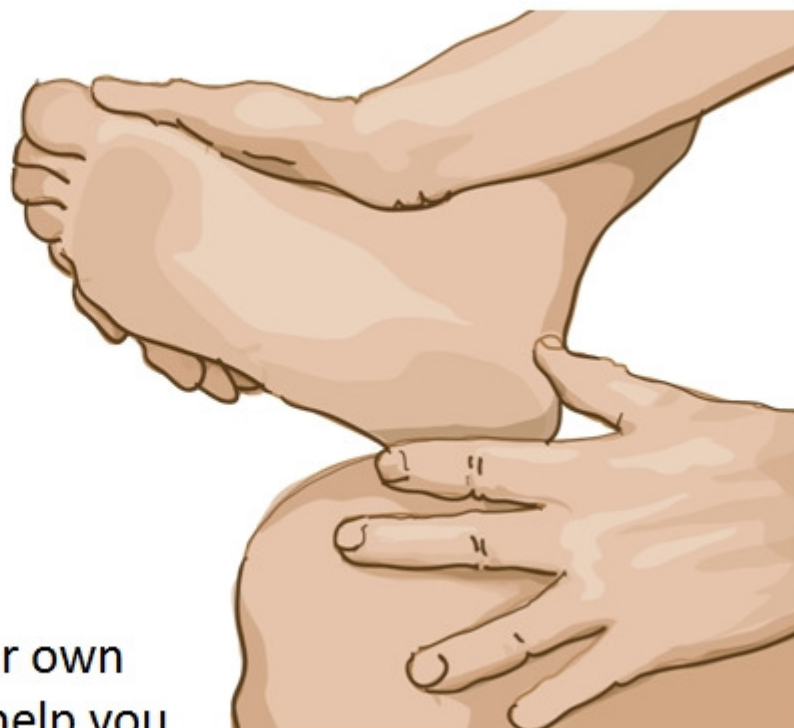


If your socks get very sweaty or wet,...

- 2 Wash and ...
- 3 dry your feet ...
- 4 then put a new clean pair of socks on.

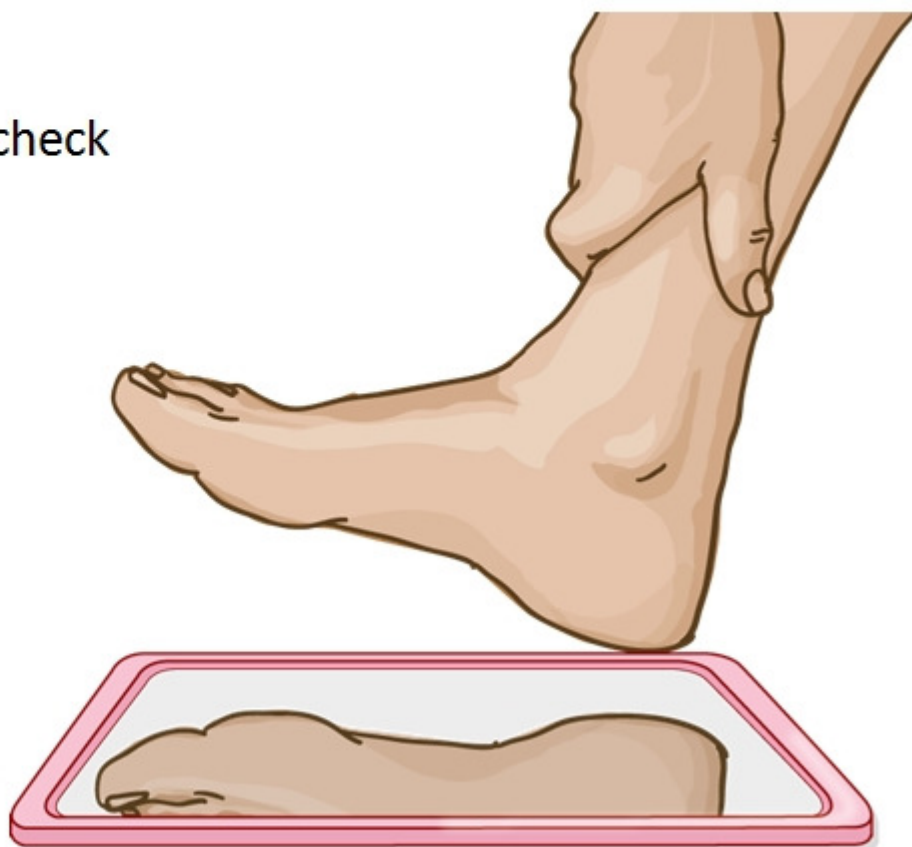


Check your feet



- 1 If you can't check your own feet get someone to help you

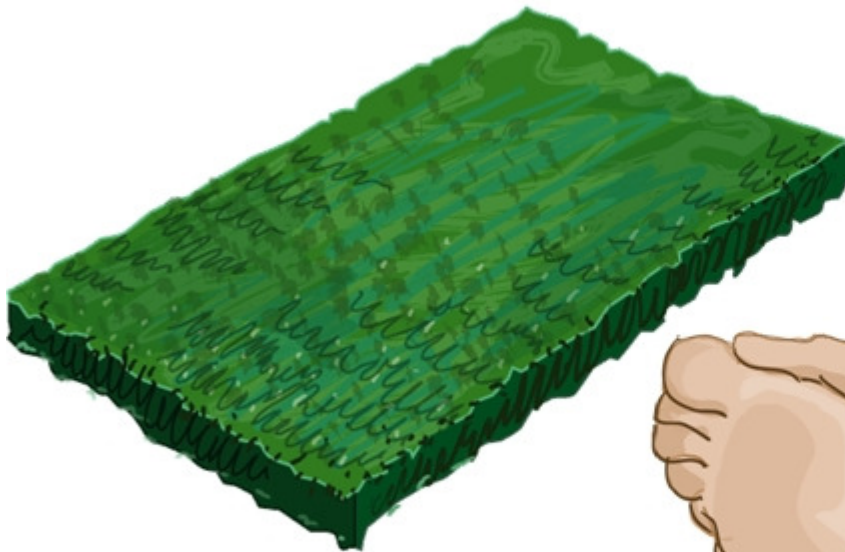
- 2 Use a mirror to check underneath



Preventing hard skin

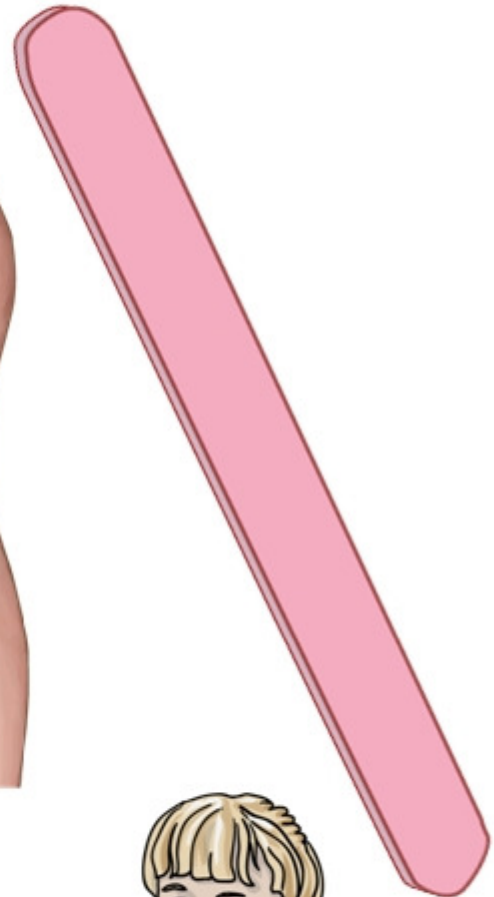


- 1 Gently rub hard skin with a scrubbing pad



Toenails

- 1 Keep your toenails smooth
Use a sandpaper nail file



- 2 Have your toenails cut by:



The high risk foot clinic



Your podiatrist



Never cut your own nails until you have talked to the podiatrist or nurse



They will tell you if you can cut your own toe nails



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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