

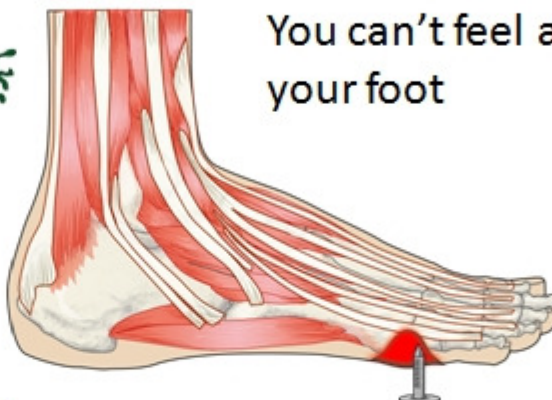
diabetes foot care Everyday foot check



1 Damaged nerves can mean no pain or feeling



Damaged nerve



You can't feel a nail in your foot



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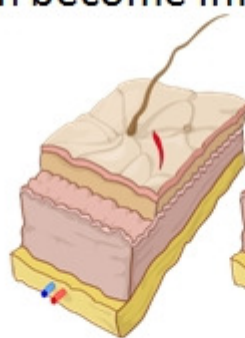
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2 Cuts and sores can become infected



Your skin
is cut



Germs get
into the
cut



The cut becomes
sore and is infected

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3 What to look for:



Cuts &
scratches



Callus



Corns



cracked skin

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4 What to look for:



Blisters



Insect bites



burns



red areas & rashes

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5 How to look:

On top of
each foot

On the side of
each foot



Between the toes
on each foot

Underneath each
foot

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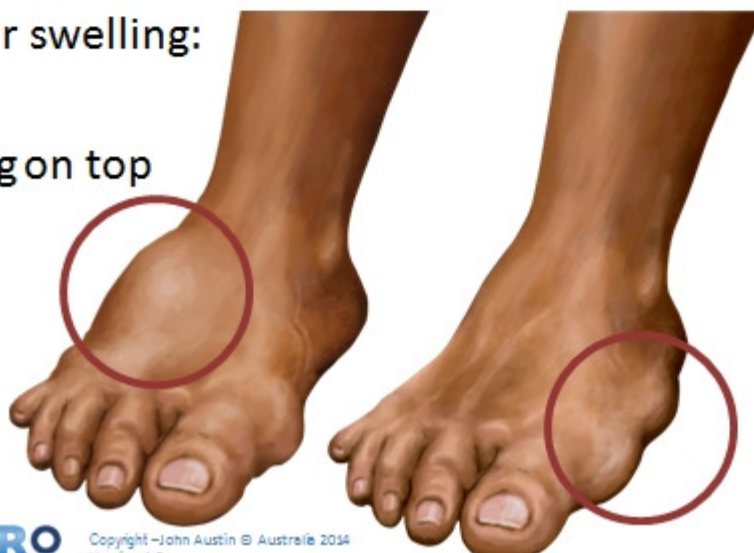
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6 Look for swelling:

Swelling on top



Swelling on side
& underneath

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7 Swelling: tells you may have hurt your foot



Swelling



Damaged bones

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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 check your feet everyday. 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 damaged nerves can mean there is no pain or feeling in their feet.
- How cuts and scratches can become infected.
- How they need to look for :
 - .cuts & scratches
 - calluses
 - corns
 - blisters
 - insect bites
 - red areas & rashes
 - burns
 - cracked skin
- How to look at and check their feet .
- Where they can get swelling
- Swelling may mean they have damaged their bones.

Target group:

This resource is designed to be used with an individual client or with a group.

It can be used by Australians of all ages who need to know about foot care when they have diabetes.

Related resources

- Everyday foot check– Posters
- Everyday foot check– Yarn cards
- Everyday foot check– Picture yarn
- Everyday foot check– Test cards
- Foot care– Body parts

Notes:

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

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