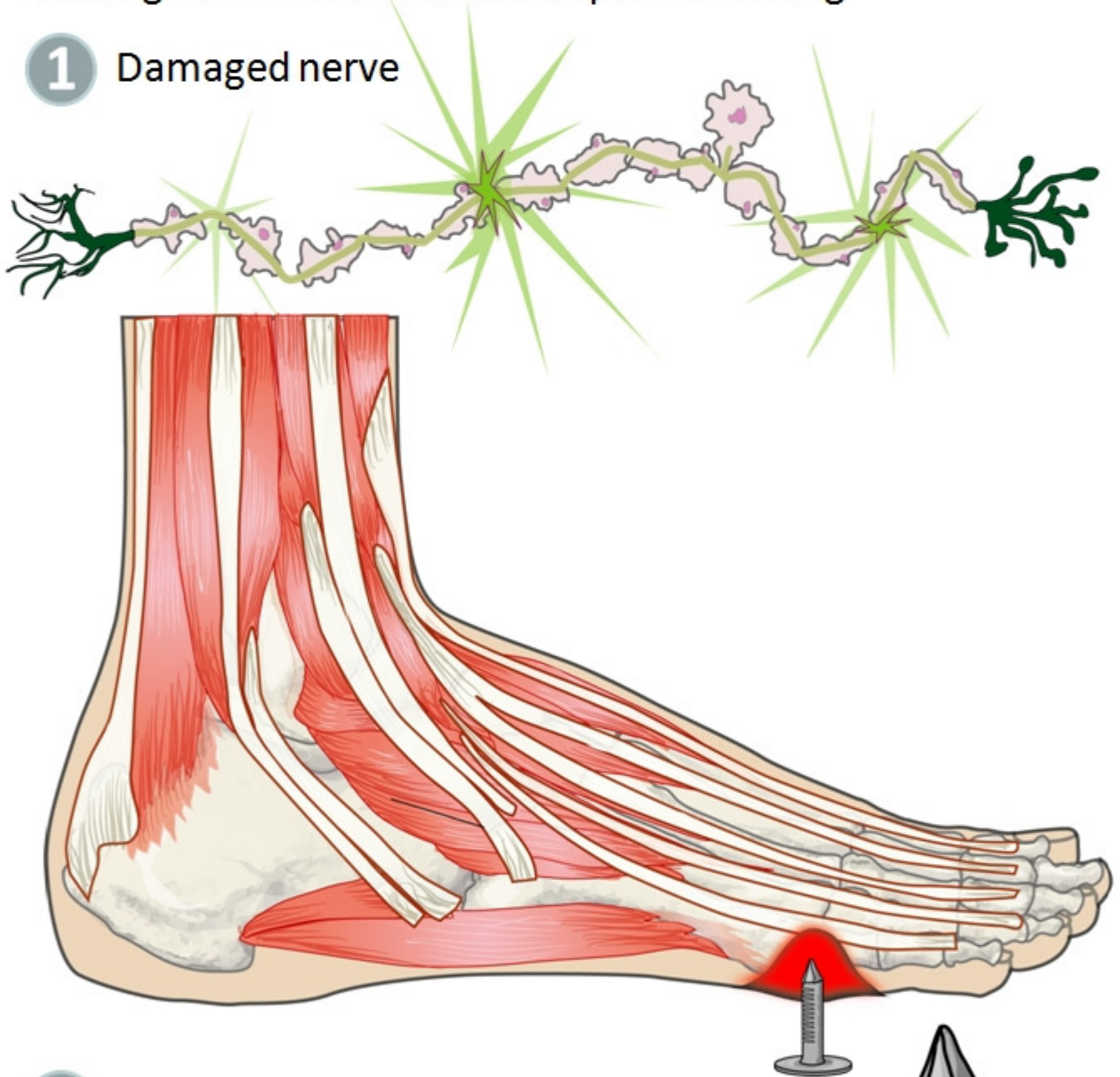


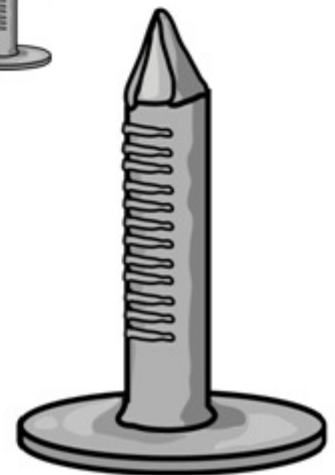
Damaged nerves

Damaged nerves can mean no pain or feeling

1 Damaged nerve



2 You can't feel a nail in your foot

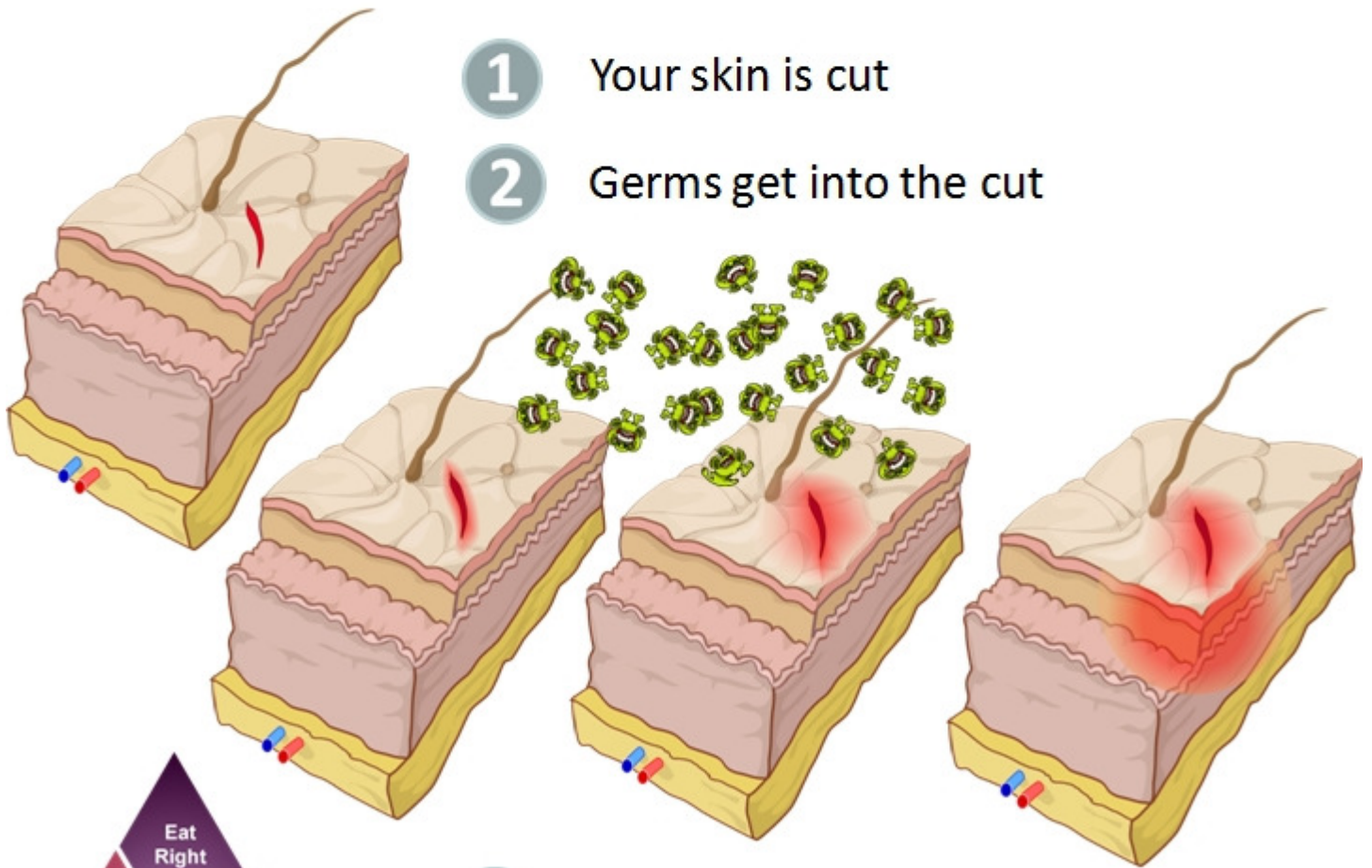


Infections

Cuts and sores can become infected



- 1 Your skin is cut
- 2 Germs get into the cut



- 3 The cut becomes sore and is infected



What to look for:



Cuts & scratches



Callus



Corns



Blisters



Insect bites



red areas & rashes



burns



cracked skin



How to look:

- 1 On top of each foot
- 2 On the side of each foot



- 3 Between the toes on each foot

- 4 Underneath each foot



Look for swelling:

1 Swelling on top



2 Swelling on side & underneath



Swelling: tells you you may have hurt your foot

1 Swelling



2 Damaged bones



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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