

## diabetes foot care Foot damage



### 1 Walking or standing puts pressure on your foot



pressure

pressure

pressure

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### 2

When you walk or stand you can get:

- Callus – hard skin
- Bruise – under your callus
- A small sore



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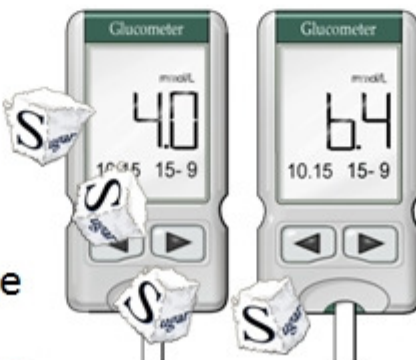
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### 3 Why some sores don't get better



You have nerve damage



You aren't controlling  
your blood sugar



You have  
problems with  
your blood  
pipes

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4

A sore won't heal quickly because your small blood pipes are damaged.



Before long you can have a very bad sore



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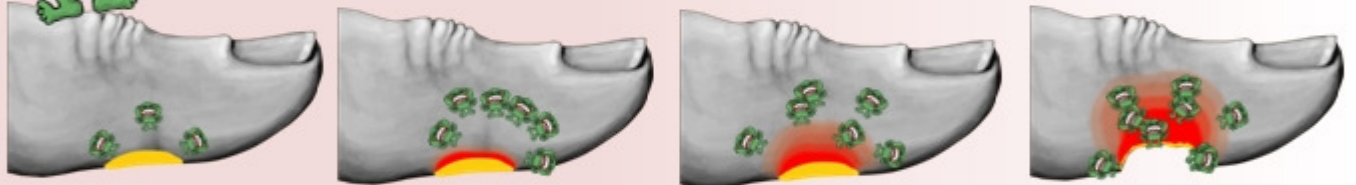


5

This is what happens when you damage your foot



You may not feel a thing because your nerves are damaged



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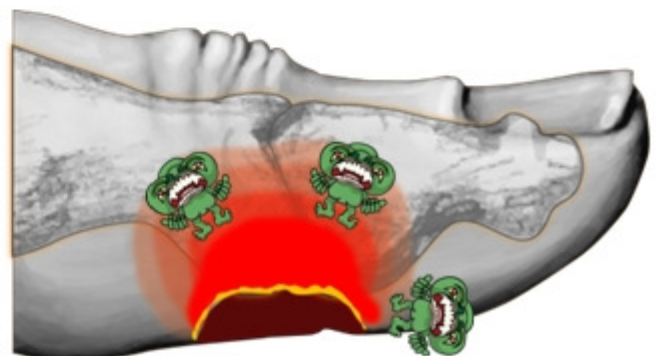
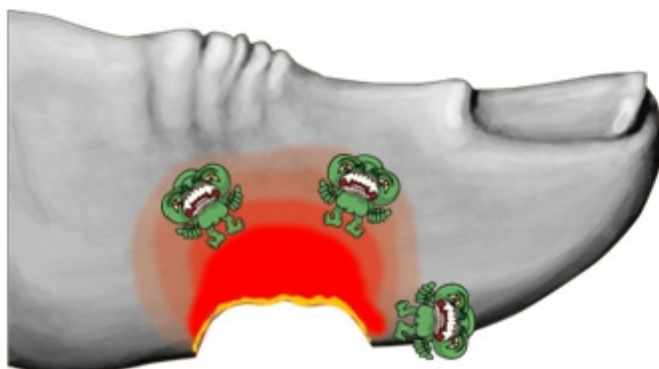
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6

Germs can get right into your foot



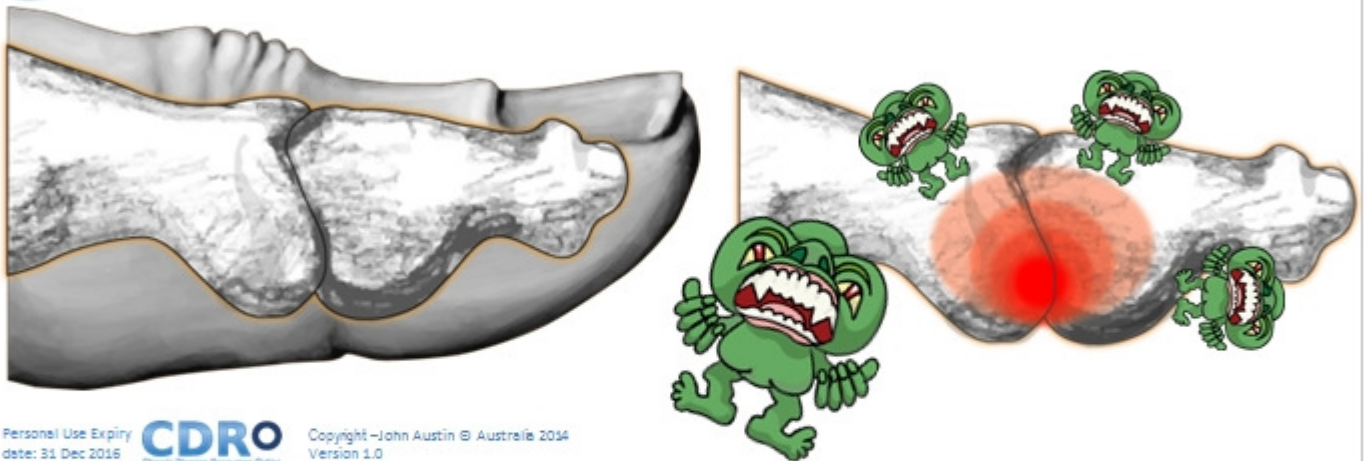
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**7** The bones become infected



**8** Germs can get into the bones



The bones become infected



**9**  
**Look! - There is a toe missing**



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**10** This doesn't need to happen to you

You must:  
Look at your feet

If a sore doesn't heal after 2 days get someone to look at it.



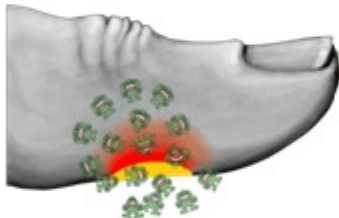
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**11** Never let a sore get very bad

Keep you blood sugar under control

Stop smoking



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 prevent foot damage. 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 standing or walking puts pressure their feet.
- Sores can be a big problem for people with diabetes.
- Sores don't get better. The causes are usually:
  - nerve damage
  - not controlling their blood sugar.
  - problems with their blood pipes especially the very small pipes
- The infection from the sore can infect their bones.
- Infected bones may need to be cut off. (amputated)
- Amputation does not need to happen if they:
  - look after their feet
  - get help if a sore doesn't heal after 2 days,
  - never let a sore get really bad.
  - control their blood sugar.
  - stop smoking.

### 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

- Foot damage– Posters
- Foot damage– Yarn cards
- Foot damage– Picture yarn
- Foot damage– Test cards
- Foot care– Body parts

### Notes:

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

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