

diabetes foot care Regular foot check up

1 What needs to be checked

Feet



Shoes & socks



Blood pipes



Nerves



Blood sugar levels



Are you smoking?



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Take someone with you to see what happens & listen to what is said.

Pain in leg



Write down questions you want to ask.

Insert



Take the shoes & socks you wear, including any inserts.



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3 What isn't right

Sores



Swelling



Pain



Numbness



Shoes



Socks



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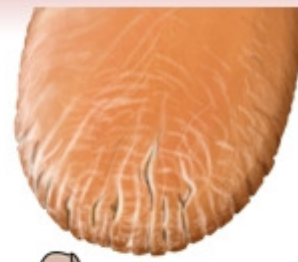


4 What needs to be done

Check your skin and nails



Treat any infections



Remove hard or dead skin



Cut your toe nails

Treat any wounds or ulcers



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The podiatrist or nurse will show you what you need to do.



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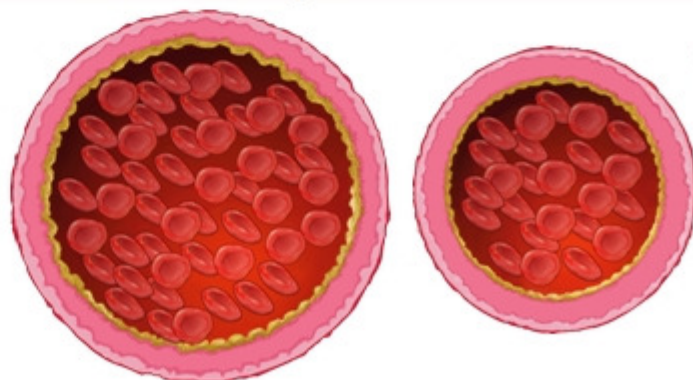
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You may need to have something explained which will help you self manage your diabetes.



These pictures show how when you smoke your blood pipes narrow

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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 what happens at regular foot check up. 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:

- What needs to be checked.
- Are you prepared for the check up? Do you have everything you need?
- What isn't right & what you need to show the podiatrist or nurse.
- What may need to be done in the check up.
- What you need to do & what have you learnt?

### 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

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

### Notes:

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

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