

1 What needs to be checked

Feet



Shoes & socks



Blood pipes



Nerves



Blood sugar levels



Are you smoking?



2



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.

3

What isn't right

Sores



Swelling



Pain



Numbness



Shoes



Socks



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



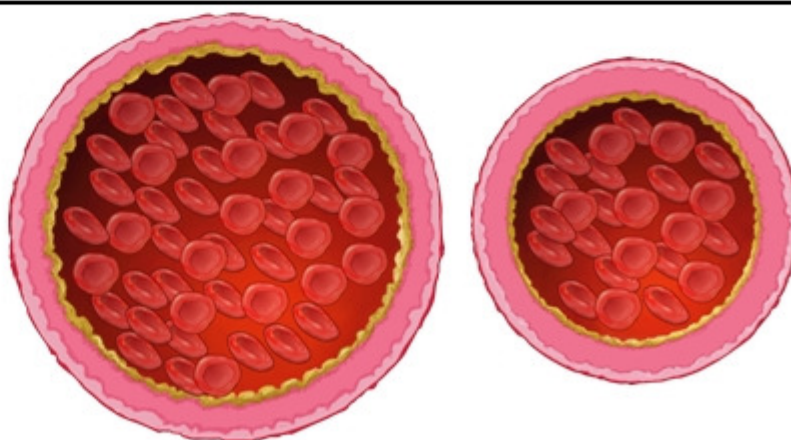
5

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



6

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

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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