

# Complications – Foot care

The sugar story has 5 parts:

- Looking after feet
- Everyday foot check
- Foot damage
- Protecting your feet
- Exercise & being active
- Smoking
- Regular foot check up
- Not enough oxygen
- Blood pipes
- Nerves

## Competencies

Are usually knowledge needed to understand what is happening or tasks which need to be done.

## Assessment

In order to keep assessment as simple and straightforward as possible the “Show or tell” method is used.

In the assessment table each competency has a question.

To make an assessment you can ask the client the question then:

- listen to the client tell you the answer in their own words
- listen and watch the client tell you the answer using a resource
- watch the client demonstrate a task

You can then assess the competency:

- **Yes**, the client understands or is able to do what is required
- **Don't know**, if the client understands or is able to do what is required
- **No**, the client doesn't understands or isn't able to do what is required

If the client scores **Yes** you can move on to a new set of competences.

If the score is **Don't know** you should educate again with the same set of competencies.

If the score is **No** you will have to find competencies that the client can manage.

## Side 1 of an assessment sheet (Use this with a client)

### Client notes – Part 1






Name:		Date:
Foot care – Looking after your feet		Rate & Notes
Wash your feet everyday, use warm water, test the water with your elbow & use soap.	<i>Asked:</i>	
Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.	<i>Asked:</i>	
Use a clean towel. Dry between your toes & check towel for blood or pus.	<i>Asked:</i>	
Rub skin cream into your foot 2 times a day. Don't put cream between your toes	<i>Asked:</i>	
Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.	<i>Asked:</i>	

## Side 2 of an assessment sheet (Use this as a reference)






### Assessment rating

After doing the education assessment rate the client's overall understanding and ability to what is required.

- Y** **Yes**, the client understands or is able to do what is required
- ?** **Don't know**, if the client understands or is able to do what is required
- N** **No**, the client doesn't understand or isn't able to do what is required

Foot care – Looking after your feet – Part 1		
Wash your feet everyday, use warm water, test the water with your elbow & use soap.  <b>Concept Level</b> 	<b>Ask:</b> Why do you need to test the water with your elbow?	You can use looking after your feet story cards or posters or you can get them to wash their feet.
Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.  <b>Concept Level</b> 	<b>Ask:</b> What does the methylated spirit do?	You can use looking after your feet story cards or posters or you can get them to apply the methylated spirit.
Use a clean towel. Dry between your toes & check towel for blood or pus.  <b>Concept Level</b> 	<b>Ask:</b> Why are you looking for blood & pus?	You can use looking after your feet story cards or posters & get them to explain what they would do if they found blood or pus on the towel.
Rub skin cream into your foot 2 times a day. Don't put cream between your toes  <b>Concept Level</b> 	<b>Ask:</b> What does the cream do? <b>Ask:</b> Why don't you put cream between your toes?	You can use sugar story yarn sheet, sugar story cards without words.
Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.  <b>Concept Level</b> 	<b>Ask:</b> Why do you need to put on a pair of new socks if they get wet or sweaty?	You can ask what would happen if the cells didn't work because there wasn't enough fuel.

## Competencies

Foot care – <b>Looking after your feet – Part 1</b>	
<b>Level</b> 	Wash your feet everyday, use warm water, test the water with your elbow & use soap.
<b>Level</b> 	Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.
<b>Level</b> 	Use a clean towel. Dry between your toes & check towel for blood or pus.
<b>Level</b> 	Rub skin cream into your foot 2 times a day. Don't put cream between your toes
<b>Level</b> 	Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.



Level 1 – What **ALL** clients should understand or be able to do.








Level 2 – What it would be good if clients understood or were be able to do.



Level 3 – What clients could use to help them manage their condition.

## Foot care – Looking after your feet – Part 2

<p><b>Level</b>  </p>	Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
<p><b>Level</b>  </p>	How to remove hard skin safely.
<p><b>Level</b>  </p>	How to keep their toenails smooth.
<p><b>Level</b>  </p>	To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
<p><b>Level</b>  </p>	Never cutting their own nails unless they have talked to the podiatrist or nurse first



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Level 3 – What clients could use to help them manage their condition.

## Foot care – **Everyday foot check – Part 1**

<p><b>Level</b> </p>	<p>Damaged nerves can mean there is no pain or feeling in their feet.</p>
<p><b>Level</b> </p>	<p>Cuts can become infected. Germs get in and the cut becomes a sore.</p>
<p><b>Level</b> </p>	<p>Look for :</p> <ul style="list-style-type: none"> <li>• cuts &amp; scratches</li> <li>• calluses</li> <li>• corns</li> <li>• blisters</li> <li>• insect bites</li> <li>• red areas &amp; rashes</li> <li>• burns</li> <li>• cracked skin</li> </ul>
<p><b>Level</b> </p>	<p>Any damage to your skin can become sores</p>



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## Foot care – **Everyday foot check – Part 2**

<p><b>Level</b>  </p>	<p>Look:</p> <ul style="list-style-type: none"> <li>• On top of each foot</li> <li>• On the side of each foot</li> <li>• Between the toes on each foot</li> <li>• Underneath each foot</li> </ul>
<p><b>Level</b>  </p>	<p>Where they can get swelling:</p> <ul style="list-style-type: none"> <li>• On top</li> <li>• On the side</li> <li>• Underneath</li> </ul>
<p><b>Level</b>  </p>	<p>Swelling may mean you have damaged your bones.</p>



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## Foot care – **Foot damage – Part 1**

<p><b>Level</b></p> 	<p>Standing or walking puts pressure their feet. Walking or standing can cause:</p> <ul style="list-style-type: none"> <li>• Callus – hard skin</li> <li>• Bruise – under your callus</li> <li>• A small sore</li> </ul>
<p><b>Level</b></p> 	<p>Sores can be a big problem for people with diabetes.</p>
<p><b>Level</b></p> 	<p>With diabetes sore don't get better. The causes are usually:</p> <ul style="list-style-type: none"> <li>• nerve damage</li> <li>• not controlling your blood sugar.</li> <li>• problems with their blood pipes especially the very small pipes</li> </ul>



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## Foot care – **Foot damage – Part 2**

<p>Level </p>	<p>The infection from the sore can infect your bones.</p>
<p>Level </p>	<p>Infected bones may need to be cut off. (amputated)</p>
<p>Level </p>	<p>Amputation does not need to happen if you:</p> <ul style="list-style-type: none"> <li>• look after your feet</li> <li>• get help if a sore doesn't heal after 2 days,</li> <li>• never let a sore get really bad.</li> <li>• control your blood sugar.</li> <li>• stop smoking.</li> </ul>







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Foot care – <b>Protecting your feet – Part 1</b>	
Level 	Socks protect your feet from insect bites and sores.
Level 	Socks must be: <ul style="list-style-type: none"> <li>• cotton or wool or a mixture of both</li> <li>• loose at the top but not loose</li> </ul>
Level 	Women’s shoes should have: <ul style="list-style-type: none"> <li>• a smooth inside</li> <li>• a firm heel</li> <li>• a wide low</li> <li>• a rubber sole</li> <li>• Velcro fastening</li> </ul>
Level 	Some people will need an insert to help stop pressure on their feet.



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## Foot care – Protecting your feet – Part 2

<b>Level</b> 	When wearing sandals the toes must be well back. Enclosed shoes need space for the toes.
<b>Level</b> 	Discuss your options when choosing sandals
<b>Level</b> 	Discuss why some shoes are not suitable.



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## Foot Care – Exercise – Part 1

<p>Level</p> 	<p>Moving is good for:</p> <ul style="list-style-type: none"> <li>• feet</li> <li>• blood pipes</li> <li>• heart</li> </ul>
<p>Level</p> 	<p>Moving is good for:</p> <ul style="list-style-type: none"> <li>• feet</li> <li>• blood sugar levels</li> <li>• nerves</li> </ul>
<p>Level</p> 	<p>You need to wear shoes and socks when exercising to protect your feet.</p>



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## Foot Care – Smoking & your feet – Part 1

<b>Level</b> 	Smoking damages your feet.
<b>Level</b> 	Blood pipes narrow when you are smoking.
<b>Level</b> 	Smoking helps fat block your blood pipes
<b>Level</b> 	Stop smoking and save your toes and feet.



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## Foot care – Regular foot check up – Part 1

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



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## Foot care – Blood pipes – Part 1

Level 	Big blood pipes are in your legs and ankles.
Level 	Blood pipes can become narrow or blocked with fat.
Level	A nurse or podiatrist can feel a pulse in your foot.
Level 	Tiny blood pipes are just under your skin
Level 	Healthy feet are warm.
Level 	Cold feet can mean there is a problem with the blood pipes.



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## Foot care – Not enough oxygen– Part 1

Level 	How oxygen is carried around their body in blood cells
Level 	Legs being painful and cramping when the blood pipes don't allow enough oxygen to the muscles.
Level 	The blood pipes can be narrowed or blocked by fat.
Level 	The blood pipe test.
Level 	Point to where you are likely to feel pain.



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## Foot care – Nerves – Part 1

Level 	Nerves take messages to the brain.
Level 	There are lots of small nerves in the feet.
Level 	High sugar levels can damage the covering on nerves.
Level 	Damaged nerve means they can't feel pain and what is happening to their feet.



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Level 3 – What clients could use to help them manage their condition.

## Foot care – Nerves – Part 2

Level 	Nerves are like electric wires. If the insulation is damaged they don't work properly.
Level 	Damaged nerve sensations can be their feet are : <ul style="list-style-type: none"> <li>• on fire</li> <li>• being cut by knives or razor blades</li> <li>• covered by ants are crawling over them</li> </ul>
Level 	A small thin wire (filament) is used to test the nerves in the feet.

# Resources

Below are resources which can be used to educate the client about “Sugar”

Talk posters, cards, handouts & wall posters

## Talk sheets



## Talk cards



## Handouts



## Test cards



The above resource format was the first version developed.

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