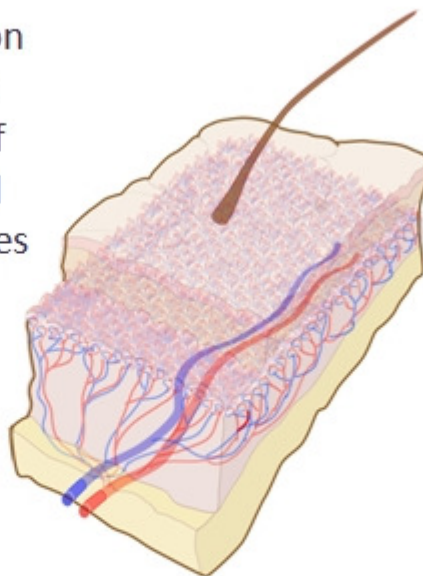


4



The skin on your foot has lots of very small blood pipes



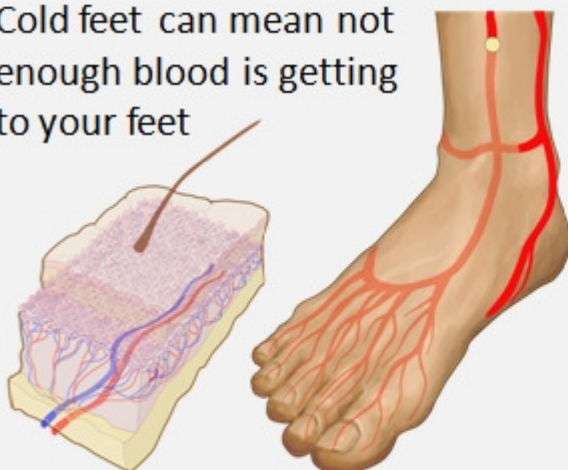
These small blood pipes can get blocked



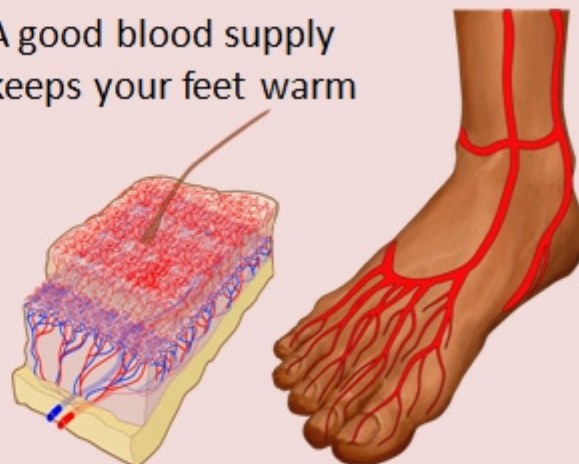
5

The podiatrist or nurse will feel your feet to see if they are cold.

Cold feet can mean not enough blood is getting to your feet



A good blood supply keeps your feet warm



6

Control your blood sugar levels and protect your blood pipes



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 the blood pipes in the feet to people who need to know about diabetes. The story is relevant for people with different kinds of diabetes.

Key health competencies:

After using the resource a client should be able to tell you:

- Where the blood pipes are in the foot.
- What happens when a blood pipe becomes narrow or blocked.
- How the nurse or podiatrist takes a pulse from your foot.
- Where the tiny blood pipes are. (Just under the skin.)
- Why a healthy foot is warm.
- Why a cold foot can mean there is a problem with the blood pipes.
- How controlling your blood sugar levels helps protect your feet.

Target group:

This resource is designed to be used with an individual client.

It can be used by Australians of all ages who need to know about foot care when you have diabetes.

Related resources

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

Notes:

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

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