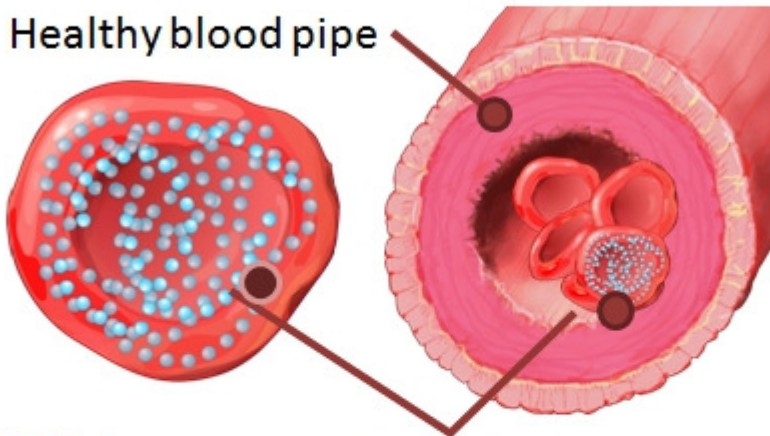


diabetes foot care Not enough oxygen



1 Your blood takes oxygen to your feet



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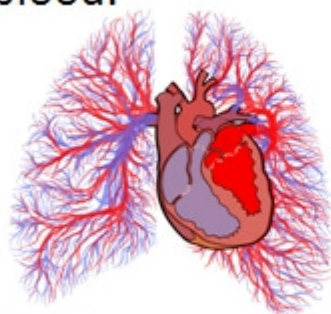
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Blood with oxygen in it

diabetes foot care Not enough oxygen



2 When you breath, oxygen goes into your lungs. The oxygen then goes into your blood.



The red blood cells have oxygen



The blue blood cells have no oxygen



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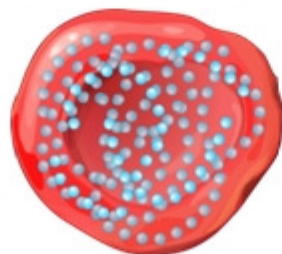
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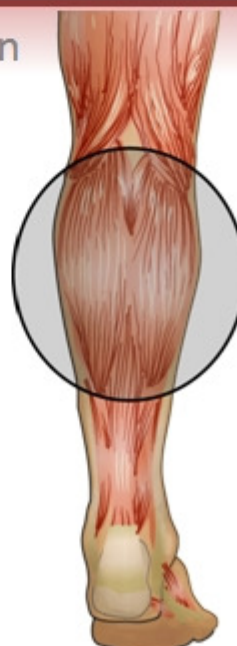
diabetes foot care Not enough oxygen



3 When there is not enough oxygen



The blood takes the oxygen to your muscles



If the muscles don't have enough oxygen they hurt

This can cause cramps

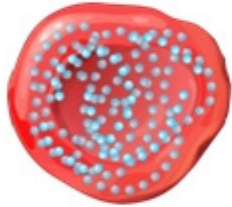
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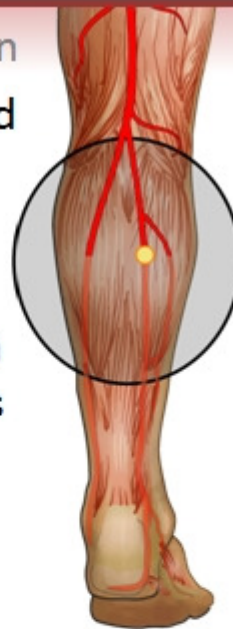
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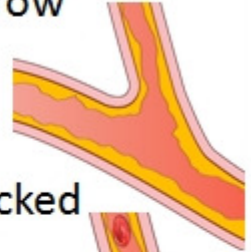
4 The big blood pipes in your legs take the oxygen to your muscles



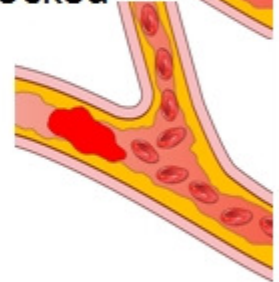
These blood pipes are narrow or blocked so not enough oxygen gets to the muscle.



narrow



blocked



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diabetes foot care Not enough oxygen

5 **Blood pipe test**

The nurse asks you to take a walk.



Doesn't hurt



The muscles are getting enough oxygen



Hurts

The muscles are **NOT** getting enough oxygen



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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 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

- Not enough oxygen– Posters
- Not enough oxygen– Yarn cards
- Not enough oxygen– Picture yarn
- Not enough oxygen– Test cards
- Foot care– Body parts

### Notes:

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

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