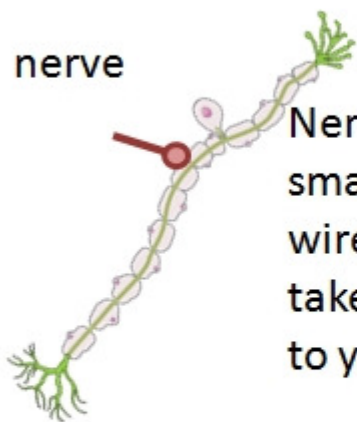
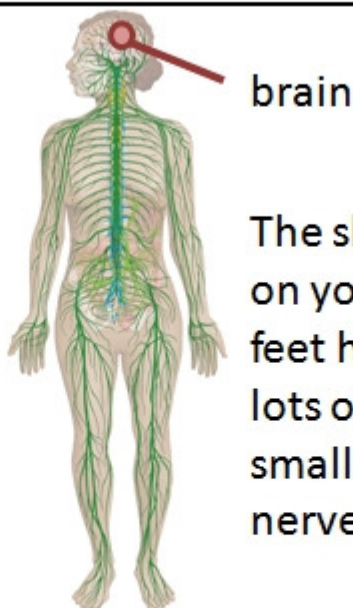


1 Your nerves

nerve

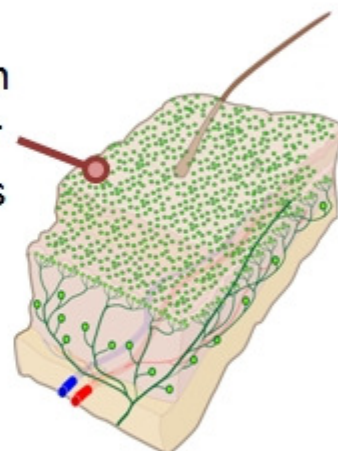


Nerves are like small electric wires. They take messages to your brain



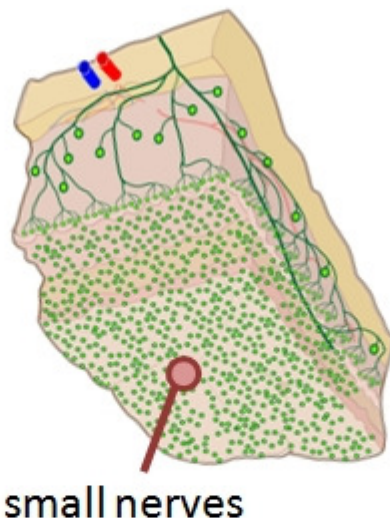
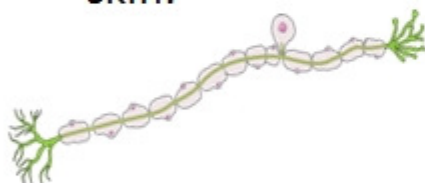
brain

The skin on your feet has lots of small nerves

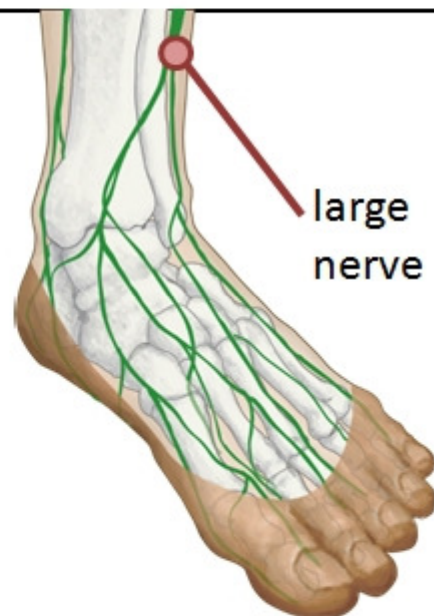


2

The large nerves are connected to the small nerves just under your skin.



small nerves



large nerve

3

Extra sugar in your blood damages your nerves

If you have diabetes you often have a lot of sugar in your blood

Nerves are protected by a cover

The extra sugar damages the cover on the nerve

Cover



Nerve



4

You don't feel pain

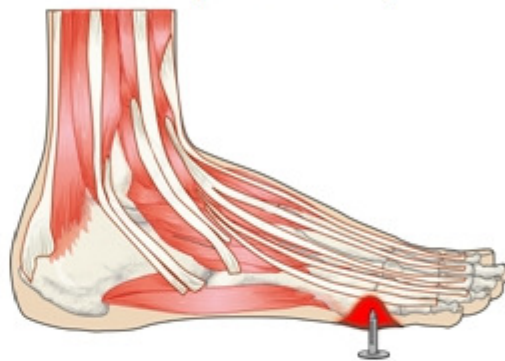
Damaged nerves may not feel pain.



Healthy nerve



Damaged nerve

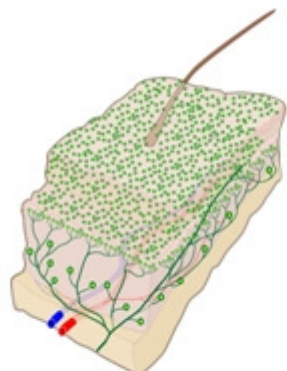


Nail

You may not feel something sharp go into your foot

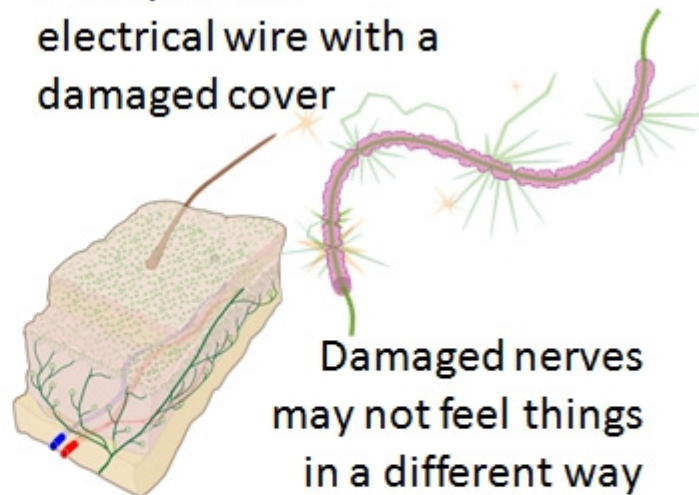
5

Healthy nerves are like a piece of electrical wire



Healthy nerves can feel what is happening

Damaged nerves are like a piece of electrical wire with a damaged cover

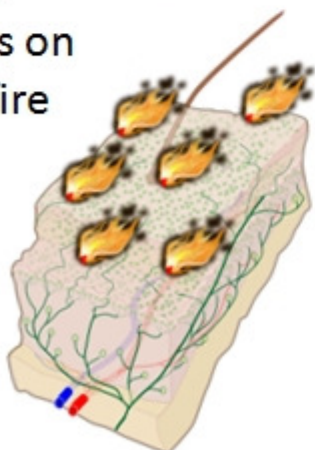


Damaged nerves may not feel things in a different way

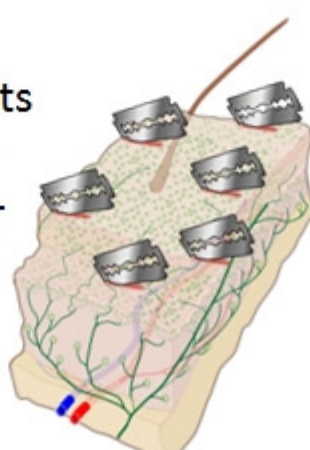
6

Damaged nerves sometimes can feel like your foot:

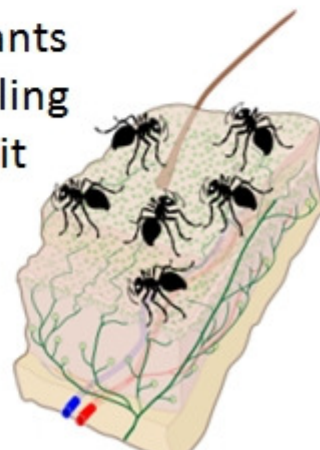
Is on fire



Is being cut by lots of small knives or razor blades

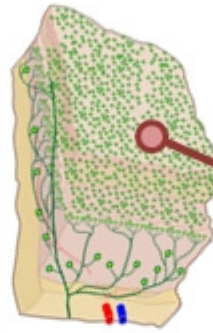
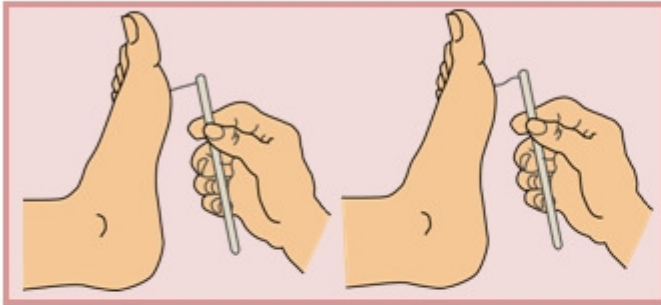


Has ants crawling over it



7

Nerve test



The podiatrist or nurse can check how well the nerves in your feet are working

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 nerve damage in your feet. 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:

- Nerves take messages to the brain.
- There are lots of small nerves in the feet.
- High sugar levels can damage the covering on nerves.
- Damaged nerve means they can't feel pain and what is happening to their feet.
- Nerves are like electric wires. If the insulation is damaged they don't work properly.
- Damaged nerve sensations can be their feet are :
 - on fire
 - being cut by knives or razor blades
 - covered by ants are crawling over them
- A small filament is used to test the nerves in the feet.

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

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

Notes:

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

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