

◆ Regular foot check up

Grouping card

What needs to be checked?

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◆ Regular foot check up

Grouping card

Are you prepared?

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Grouping card

What isn't right? –
show the podiatrist
or nurse

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Grouping card

What needs to be done?

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◆ Regular foot check up



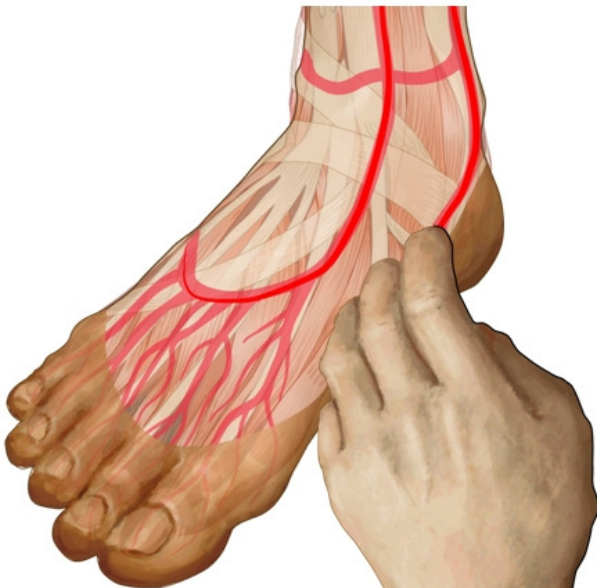
Your feet

◆ Regular foot check up



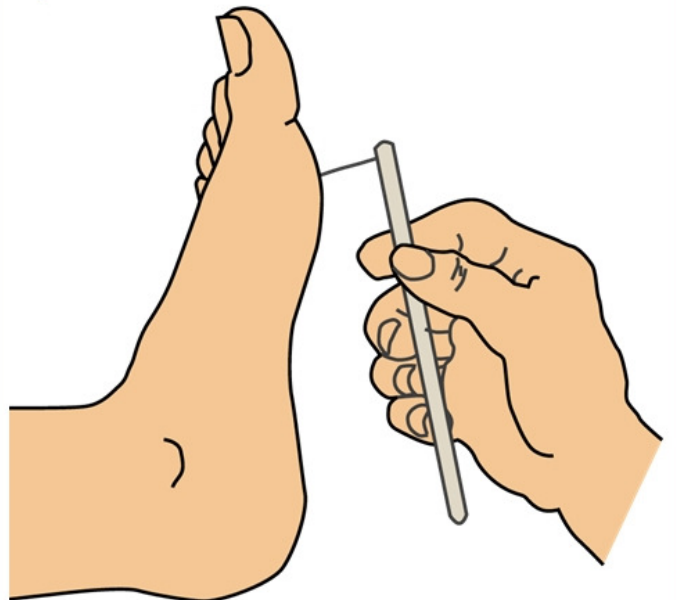
Your shoes & socks

◆ Regular foot check up



Your blood pipes

◆ Regular foot check up



Your nerves

◆ Regular foot check up



Your blood sugar levels

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Whether you are smoking

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Take someone with you

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Write down questions you want to ask.

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◆ Regular foot check up



Take the shoes & socks you wear, including any inserts.

◆ Regular foot check up



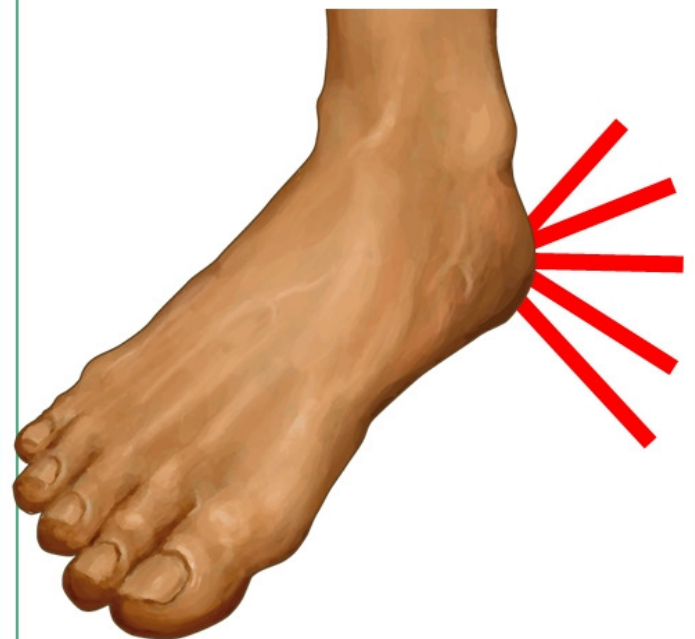
Sores

◆ Regular foot check up



Swelling

◆ Regular foot check up



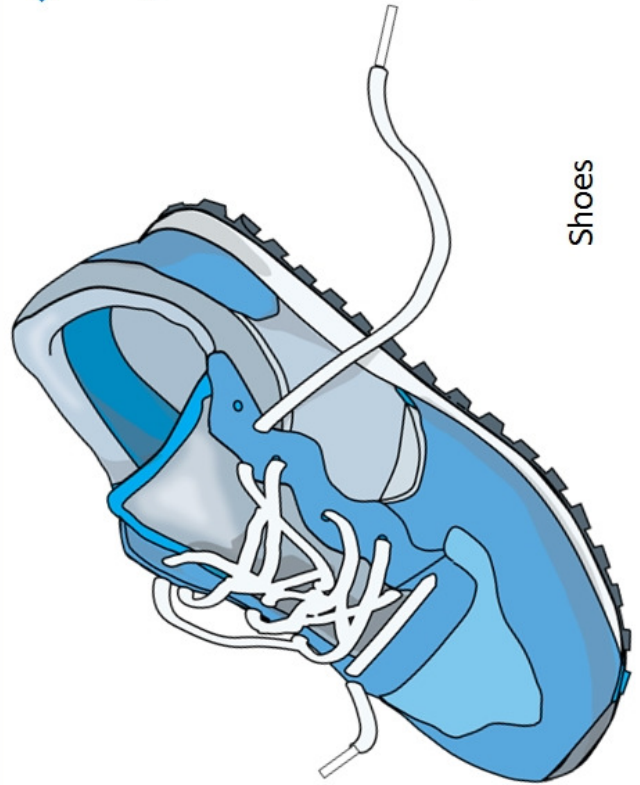
Pain

◆ Regular foot check up



Numbness

◆ Regular foot check up



Shoes

◆ Regular foot check up



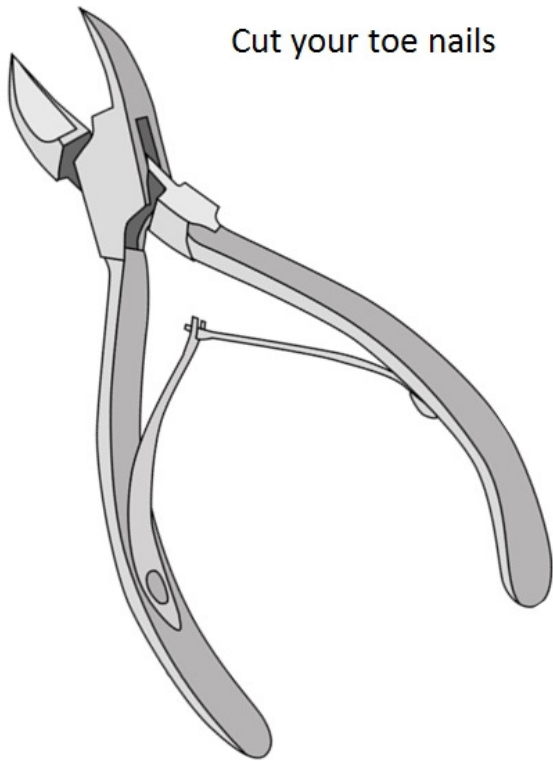
Socks

◆ Regular foot check up



Check your skin and nails

◆ Regular foot check up



Cut your toe nails



◆ Regular foot check up



Treat any infections



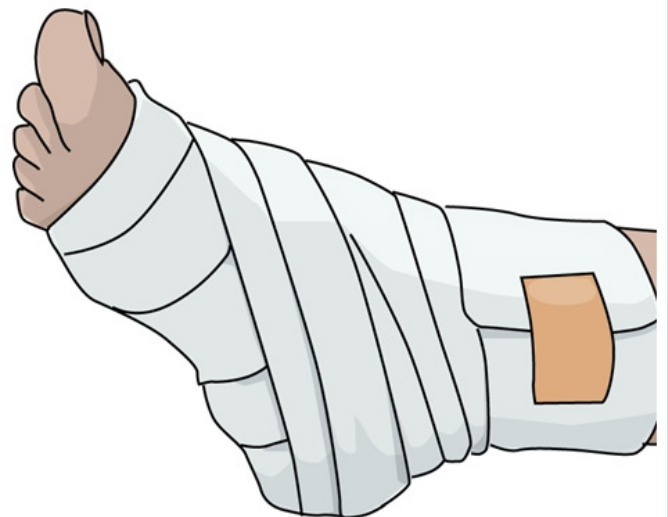
◆ Regular foot check up



Remove hard or dead skin



◆ Regular foot check up



Treat any wounds or ulcers



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 how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

Notes:

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

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Levels



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