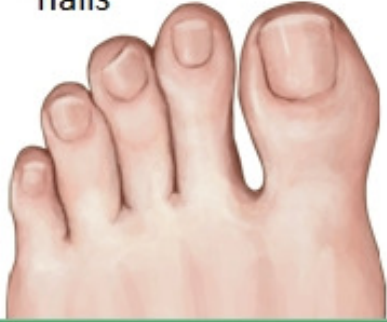


What needs to be done?

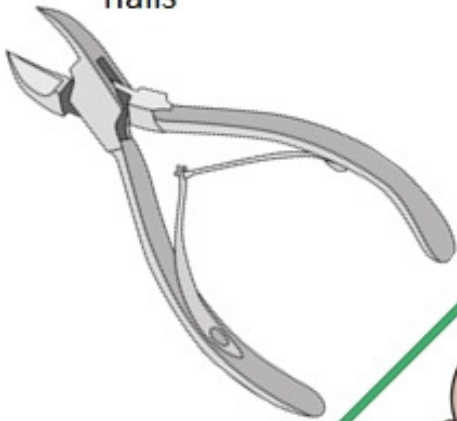
- 16 Check your skin and nails



- 17 Treat any infections



- 18 Cut your toe nails

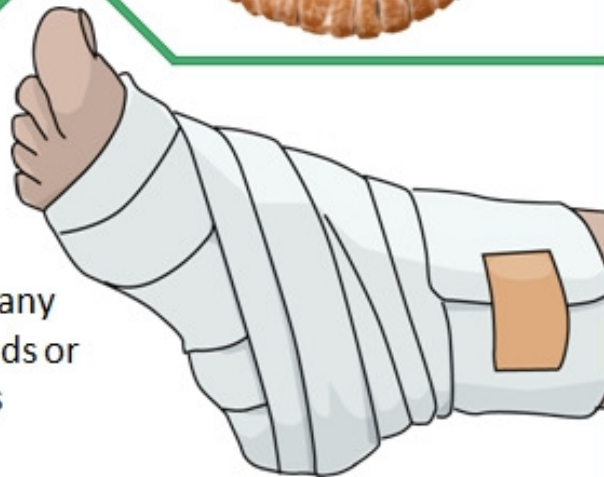


- 19 Remove hard or dead skin



20

Treat any wounds or ulcers



What needs to be checked?

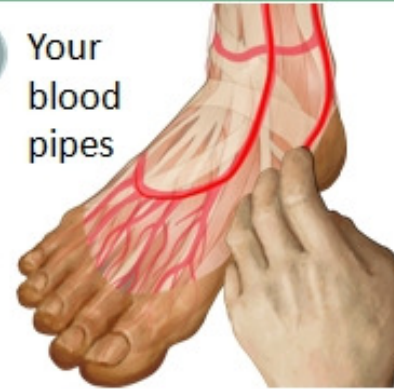
- 1 Your feet



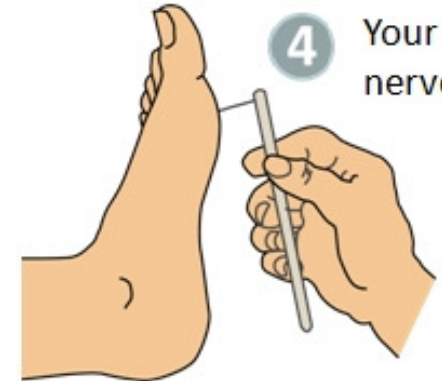
- 2 Your shoes & socks



- 3 Your blood pipes



- 4 Your nerves



- 5 Your blood sugar levels



- 6 Whether you are smoking



Diabetes Foot Care

Regular foot check up

Looking after your feet

CDRO
Chronic Disease Resources Online

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Are you prepared?

7 Take someone with you to see what happens & listen to what is said.



8 Write down questions you want to ask.

Pain in my



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

Insert



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

10

Sores



11

Swelling



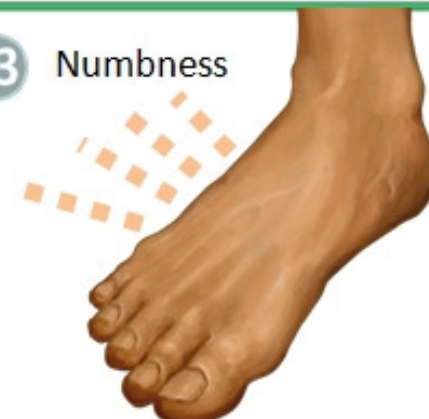
12

Pain



13

Numbness



14

Shoes



15

Socks



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