

# What needs to be checked?

1 Your feet



## Diabetes Foot Care

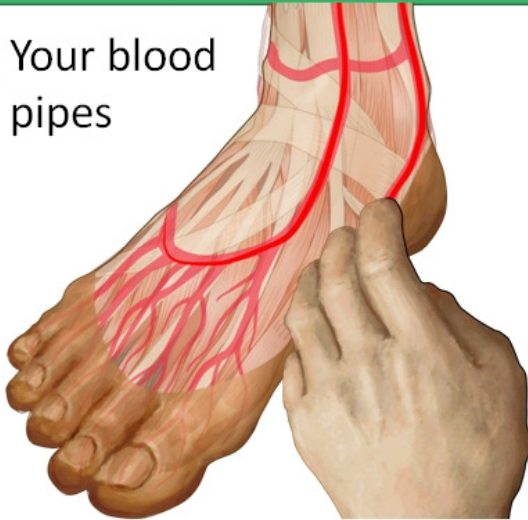
# Regular foot check up

Looking after your feet

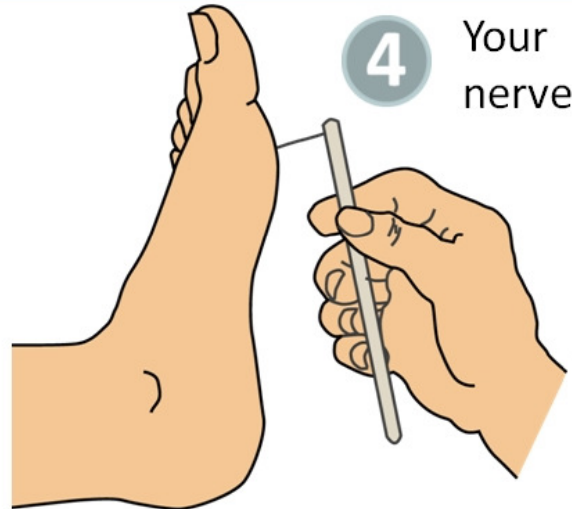
2 Your shoes & socks



3 Your blood pipes



4 Your nerves



5 Your blood sugar levels



6 Whether you are smoking



## 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 leg



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

Insert

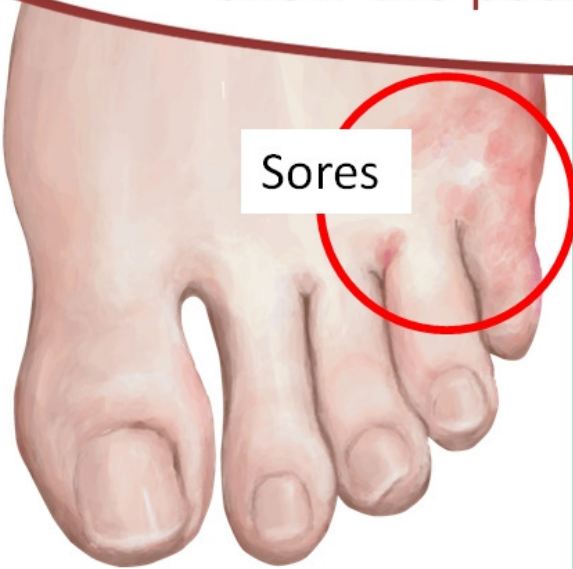




**What isn't right? –**  
show the podiatrist or nurse

10

Sores



11

Swelling



12

Pain



13

Numbness



14

Shoes



15

Socks



## What needs to be done?

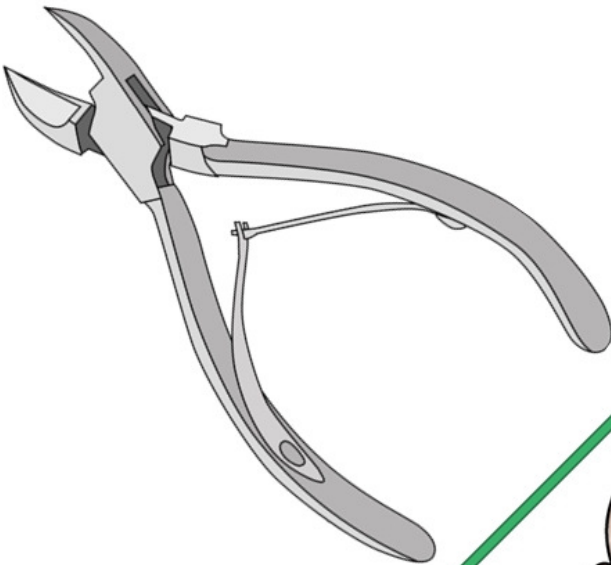
- 16** Check your skin and nails



- 17** Treat any infections



- 18** Cut your toe nails

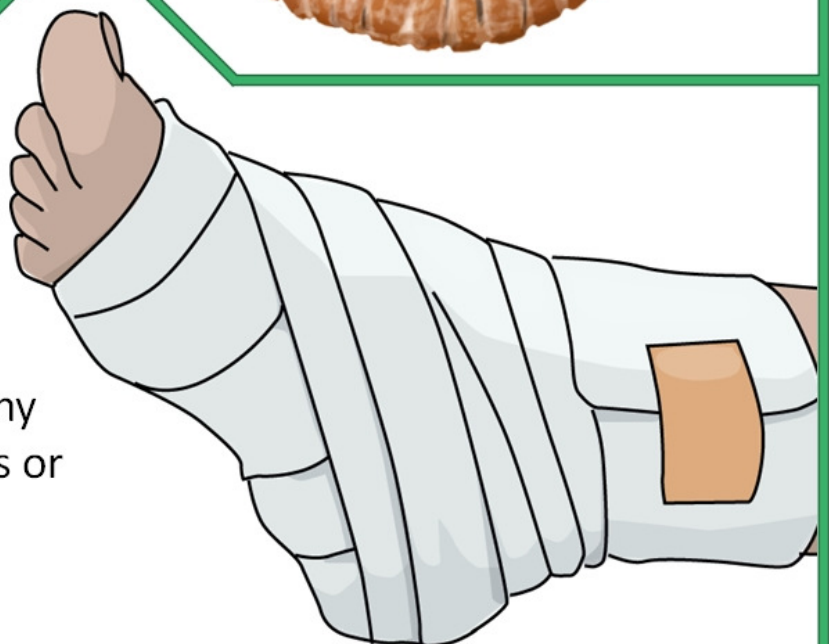


- 19** Remove hard or dead skin



**20**

Treat any wounds or ulcers



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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