

Low Risk of Foot Ulcerations and Amputations - Diabetes

Allied Healthcare Professionals (AHP)

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

You have been given this leaflet as you are at low risk of developing non-healing foot wounds, due to your diabetes. The leaflet explains how to take preventative measures, how to care for your feet, and when to seek help and support.

Why is diabetes a risk to my feet?

Diabetes is a lifelong condition which can cause life and limb threatening problems. Some of these problems can occur because the nerves and blood vessels, including those supplying your legs and feet, become damaged.

This can change:

- The feeling in your feet (peripheral neuropathy)
- The circulation in your feet (ischaemia)

These changes can be very gradual, and you may not notice them. This is why it is essential you have your feet checked (screened) every year by a suitably trained health-care worker.

What is my foot ulceration risk and what does it mean?

Your foot check has shown that you do not have nerve or blood vessel damage at present, and you are currently at a low risk of developing non-healing foot wounds that are due to your diabetes. The development of foot wounds in people with diabetes is serious as they are linked to an increased risk of heart attacks, strokes, amputations of the foot or leg and early death.

As your feet are currently at low risk, you can continue to carry out your own general foot care and you do not require routine appointments with the NHS Podiatry Service. If you follow the advice and information in this leaflet, it will help you to take care of your feet between your yearly foot checks. This will help you to reduce the risk of developing life and limb threatening problems.

What can I do to reduce my risk of developing problems?

Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain, or any signs of infection such as swelling, heat or redness. If you cannot do this yourself, ask your partner or carer to help you.

Badly fitting footwear

Badly fitting shoes are a common cause of irritation or damage to feet. The professional who screened your feet will give you an advice leaflet about footwear.

Wash your feet every day

You should wash your feet every day in warm water with mild soap. Rinse them thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this can damage your skin.

Moisturise your feet every day. If your skin is dry, apply a moisturising cream, avoiding the areas between your toes.

Toenail care

Cut or file your toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.

Socks, stockings, and tights

Change your socks, stockings, or tights regularly. They should not have bulky seams and the tops should not be elasticated.

Check your shoes

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in.

Over-the-counter corn remedies

Do not use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can be highly dangerous and can lead to new wounds and infections.

Podiatry Appointments It is important that you attend your yearly screening appointment as well as all of your regular diabetes review appointments. Foot screening appointments are provided by your GP or practice nurse.

Note: Controlling your diabetes, cholesterol and blood pressure, stopping smoking, increasing cardiovascular exercise and controlling your weight helps to reduce the risk of these life-and limb-threatening problems.

Alert!

If you develop any of the following problems, it is important that you contact your Multi-disciplinary Foot Care Team, local Podiatry Department or GP for advice as soon as possible (within 24 hours). Symptoms may include one of the following:

- A discoloured, hot swollen toe or foot
- A new break or wound in the skin
- New discolouration of your toe or foot
- New or unexplained pain in your foot

Individual Advice

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Contact details

Podiatry Department

Phoenix Health Centre
Parkfield Road
Wolverhampton
WV4 6ED

Telephone number: 01902 444044

Opening Times:

Monday – Friday, 8:30am – 4:30pm excluding Bank Holidays.

Diabetic Foot Clinic

New Cross Hospital
Wolverhampton Road
Wolverhampton
WV10 0QP

Telephone number: 01902 695310

Opening Times:

Monday-Friday, 9:00am-4:30pm excluding Bank Holidays

For further information visit: www.wdconline.org.uk

In emergencies outside of normal working hours, please contact:
NHS 111 service on 111 for advice.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。