

High risk feet

Diabetes information and advice leaflet



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power in our
communities

The screening and assessment have shown that you have a high risk of developing foot ulcers. The podiatrist will inform you of your individual risk factors.

- Lost some feeling in the feet - this is known as peripheral neuropathy
- The circulation in the feet is reduced -this is known as ischaemia
- Hard skin/corns on your feet
- The shape of the foot has changed
- Previous ulcers
- Previous amputation.

Keeping good control of your diabetes, cholesterol and blood pressure will help reduce the risk of developing further complications in the leg and foot.

Smoking affects your circulation and can lead to amputation – seek advice on how to quit.

Following the advice and information in this leaflet will help you to take care of high risk feet and help to reduce problems in the future.

Advice on keeping your feet healthy

Check your feet daily for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness. If you are unable to do this, ask your partner, a friend or carer to help you or use a mirror.

Wash your feet every day in warm water and with a moisturising wash.

Rinse and dry thoroughly especially between the toes. Do not soak your feet as this will dry your skin. Because of your diabetes, you may not be able to feel hot or cold very well. You should test the temperature of the water with a bath thermometer, or ask someone else to test the temperature for you.

Moisturise your feet every day

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

Toenails

If the podiatrist advises you or family to file the toe nails do so once/twice weekly, following the curve of your toe.

Socks, stockings and tights

Change your socks, stockings or tights every day. Avoid bulky seams and wear them inside out to prevent pressure. The tops should not be tightly elasticated.

Minor cuts and blisters

If there are breaks in the skin, minor cuts or blisters, cover the area with a sterile dressing. **Do not** burst blisters. Contact your podiatry department or GP immediately.

Hard skin and corns

The podiatrist will provide treatment and advice on safe care.

Over-the-counter treatments

Do not use corn plasters or verruca treatments as they contain acid which can damage the skin and create wounds.

Avoid high or low Temperatures

Wear socks if your feet are cold. Never sit with feet in front of the fire to warm them up. Always remove hot water bottles or heating pads from the bed before getting in.

Avoid walking barefoot

Walking barefoot increases the risk of injury to feet by stubbing toes or standing on sharp objects, which can damage the skin.

Check your shoes

Look at the bottom of the shoes to make sure that nothing sharp has pierced the outer sole. Always look and feel inside each shoe to check that no small objects such as small stones have fallen in and for signs of wear or creased insoles.

Badly-fitting shoes

A common cause of irritation or damage to feet. Slip on shoes and slippers cause more pressure on the toes and prevent correct walking. The podiatrist may give you advice about shoes. They may refer you to the orthotist for made to measure shoes. Do follow the instructions and only wear these shoes. They normally have insoles which are an important part of your shoes.

A history of ulcers

Previous ulceration, or amputation increases the risk of developing more ulcers in the future. Looking after your feet with the help of a podiatrist reduces the risk of more problems.

If you discover any problems with your feet, contact your podiatry department or GP immediately. Remember, any delay in getting advice or treatment when you have a problem can lead to serious complications.

Podiatry Foot Protection Services
Cantley Health Centre
Middleham Road, Cantley
Doncaster DN4 6ED

Tel 03000 211 550

Further information is available online:

www.rdash.nhs.uk/services/podiatry-foot-protection/

www.rcpod.org.uk

www.diabetes.org.uk

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎ በትልቁ ተጽፎ ወይም በቲፕ ተቀድቶ ወይም በሌላ ቋንቋ ተጽፎ ለሦስት የሚሰጥ ከዚህ የበለጸገውን ምክርና ግንኙነት እንልግሉትን በዚህ ቁጥር 0800 015 4334 ይውሉ። ያንደረግ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients (Patients Advice and Liaison Service) au 0800 015 4334.

Kurdish Sorani

ئێمگەر ئێم زانیاریانە بە چاڵی گەورە، برائیل یان لەسەر شریتی دەنگی دهموازیت یاخود نەم بەلگەنامە بە دیکه زمانیکی تکیه دهموازیت، تکیه یهێوندی بکه به خزمەتگوزاری زینمایی و هاوئاهاهنگی نەمۆشەوه به ژماره 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਲਦੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਈ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਲਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanyeyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ نے بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قبائل زبان میں چاہیں تو براۓ کرم پیشینہ ایڈوائس لیئر سروس سے رابطہ کریں۔ 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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