

Moderate risk feet

Diabetes information and advice leaflet



RDaSH nurturing the
power in our
communities

Your assessment has shown that you have a moderate risk of developing foot wounds. The podiatrist will highlight your individual risk factors. These include:

- Some lost feeling in the feet, known as neuropathy
- Reduced circulation in the feet, known as ischaemia
- Hard skin on your feet, that is excessive
- Alteration of foot shape.

Diabetes is a lifelong condition, which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying the feet are damaged. This can be gradual and unnoticeable.

If your feet are in good condition, you may not need regular podiatry treatment.

If you follow the simple advice in this leaflet, you should be able to carry out your own foot care, unless you develop a specific problem.

It is essential to receive a foot screening and assessment from your GP Practice each year.

Good control of glucose, cholesterol and blood pressure help reduce the risk of developing further complications in the leg and foot. Smoking affects the circulation and can lead to amputation - seek advice on how to quit.

The advice and information in this

leaflet aim to reduce problems in the future.

Early warning signs - Red Flags

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.

Foot ulcers can start as a blister, bruised hard skin or standing on a sharp object. If you wear light coloured socks, any bleeding from a new wound will be more easily discovered.

If you develop a high temperature, or feel hot and shivery you may be developing a serious spreading infection requiring urgent treatment via the Emergency Department at Hospital.

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 can dry the skin. If nerve damage is present, you may be unable to feel differences in temperature. Bath water should be tested with a bath thermometer, or ask someone else to test it.

Toenails

File toenails twice weekly away from you. Follow the curve of the nail and make sure that there are no sharp edges. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.



Moisturise your feet every day

If your skin is dry, apply a moisturising cream daily, avoid the areas between the toes. Avoid scented creams as these cause dryness.

Socks, stockings and tights

Change your socks or tights every day. Avoid bulky seams, wear them inside out to prevent pressure. Hosiery top should not be too tight. Cotton, wool or bamboo fibre are recommended.

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. Please ensure you wear a good fitting shoe or slipper with a fastener.

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 check inside each shoe for small objects and that there are no signs of wear or creased linings.

Badly-fitting shoes

Are the main cause of irritation or damage to feet. A health professional

will assess your feet and give you advice about correctly fitting footwear.

Minor cuts and blisters

Check your feet daily using a mirror if needed. Any breaks in the skin, minor cuts or blisters should be covered with a sterile dressing. **Do not** burst blisters. Contact a health professional immediately if you have any concerns.

Hard skin and corns

A HCPC podiatrist can provide treatment and advice on self care where necessary.

Over-the-counter treatments

Never use over-the-counter treatments e.g. corn, verruca treatments, as they contain acid which can cause burns.

Avoid high or low temperatures

Wear socks if your feet are cold; never sit with your feet in front of heaters. Always remove hot water bottles or heating pads from your bed before getting in

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

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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 نمایند.

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 دیگەر زمانێکی دیگەر دهموازیت، تێکایە پەڕێنە و هەماهەنگی بيماران بە شماره 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 ਚੁੱਠੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਈ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਠੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸੇਵਾ ਮੰਤਰਾਲੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ (Patient Advice and Liaison Service) ਨੰਬਰ 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 لیزن سروس سے 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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