

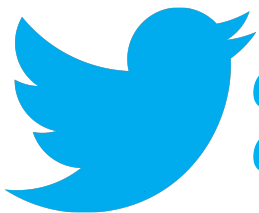
team
diabetes
101

“Lockdown Foot Care”

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QiC Diabetes Professional of the Year 2020



@VickiaDSN

@_diabetes101



Feet

- Raised blood glucose levels over time can lead to damage to the sensation in your feet
- Circulation can also be affected, meaning less blood flow to your feet
- Most foot problems can be prevented with good regular foot care
- Many people living with diabetes are 'LOW RISK' so don't need a podiatrist.

Annual Foot Check

What are we checking?



- ✓ Circulation
- ✓ Nerve supply
- ✓ Foot shape
- ✓ Footwear
- ✓ Self care



**Have your feet checked by a health professional
at least once a year**

Annual Foot Check

To check the health of your feet & identify any problems:

- Poor circulation can lead to poor healing wounds
- Numbness can lead to unnoticed injury
- Lumps and bumps in shoes can rub
- Poor fit may cause trouble
- Show you what you can do to help yourself



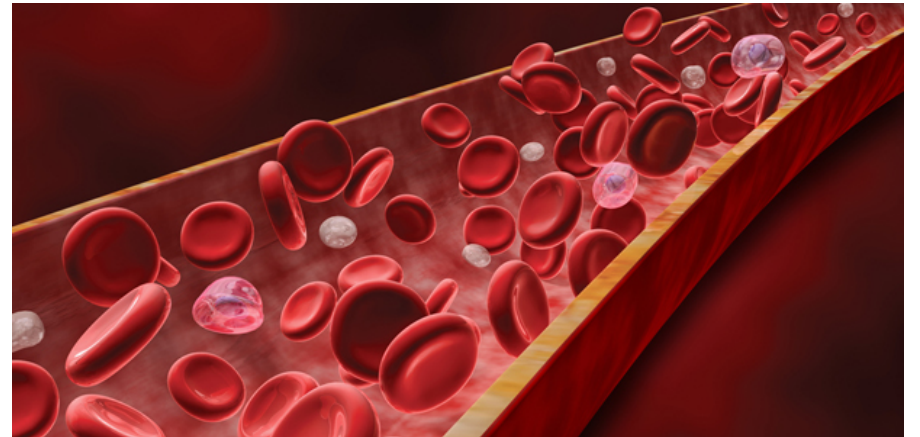
Circulation Check



Circulation

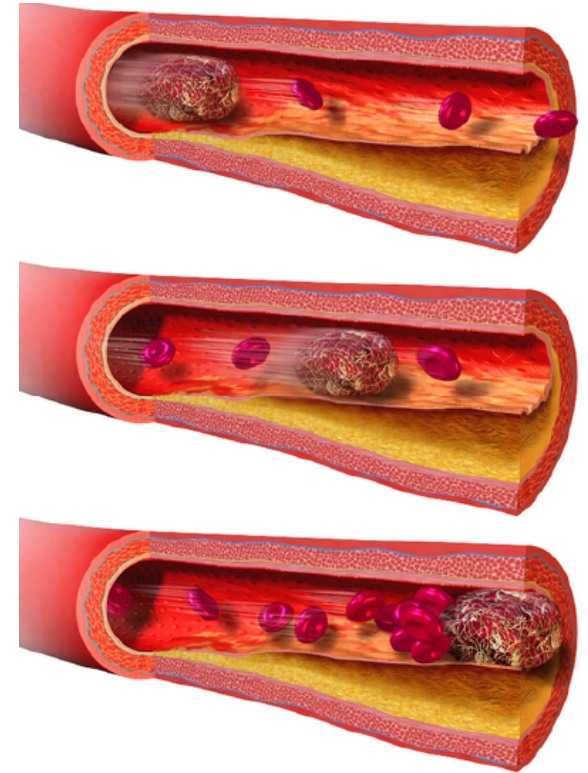
What does a good blood supply do?

- ✓ Makes strong pulses in the feet
- ✓ Transports food and oxygen to feet and legs
- ✓ Transports energy to the muscles
- ✓ Keeps skin and nails healthy
- ✓ Helps wounds heal



Signs of poor circulation

- ✓ Feet cold to the touch
- ✓ Change in colour
- ✓ Cramp like pain in the leg/feet muscles
- ✓ Weak, dry skin & changes to the nails
- ✓ Slow or non healing wounds



Nerve Sensation Check



10g Monofilament

Nerve Supply

What do nerves do?

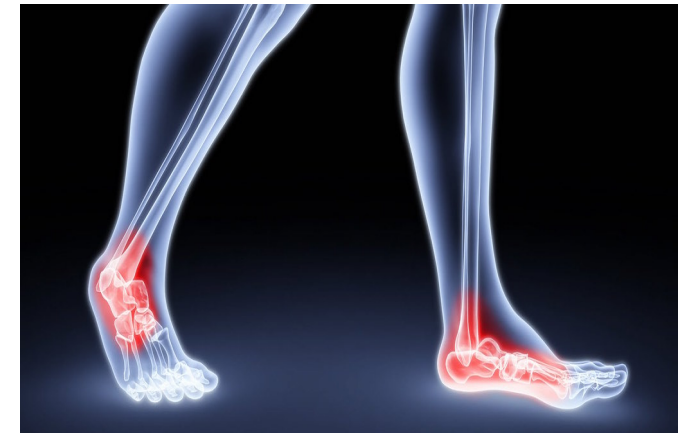
- ✓ Make your feet able to feel pain/injuries
- ✓ Make muscles work
- ✓ Tell your brain what your feet are doing
- ✓ Tell your brain when joints need to move
- ✓ Helps you to stay active



Nerve Supply

Possible signs of nerve damage:

- Numbness in the feet
- Agonising pain for no apparent reason
- Stop sweating
- Very dry skin prone to splitting
- Change in foot shape



DO

- ✓ Try and keep blood glucose levels within your individualised target range
- ✓ Try and be a healthy weight & be active if you can
- ✓ Good blood pressure and cholesterol are also important
- ✓ Daily: check what's normal for you
- ✓ Daily: Wash and dry feet, don't forget between toes
- ✓ Wear good fitting, appropriate footwear
- ✓ Check your shoes regularly for lumps, bumps and things poking through the sole
- ✓ Moisturise feet daily (avoid between your toes)



LEARN WHAT'S URGENT AND WHAT TO DO IF YOU HAVE A PROBLEM

DON'T



- Smoke
- Walk barefoot
- Operate on yourself with knives or corn plasters
- Use medications/antiseptics on your feet that have not been prescribed for you
- Wear inappropriate shoes
- Toast feet on fire/hot water bottle/radiator

IGNORE SOMETHING UNUSUAL IN YOUR FEET

Self Care



- It is ok to do your own nails
- Use a nail file regularly, you may not need to cut them – ever!
- cut nails to the shape of the toe
- Don't poke down the sides of the nail
- Moisturise dry skin, you may need specialist cream

Footwear

- ✓ Make sure shoes fit feet when standing and moving
- ✓ Check length, width, depth and for any bumps especially on toes
- ✓ Fastened onto feet preferred, not sliding around
- ✓ Flexible material on upper
- ✓ Suit your shoe to the occasion
- ✓ Small heel ok (less than 4cm)



When to seek advice?

URGENT: Breaks in skin, accidents or injuries

- Clean the area with warm salty water
- Don't use TCP, Dettol etc
- Cover with a clean dry dressing.

- Sudden, new change to feet causing:
- Numbness, colour change, swelling, pain



Local Podiatry Team
Or Walk-in centre, GP surgery