

Your foot report

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Your foot report

Name: _____

Date: _____

Healthy feet are happy feet

This care chart is based on a traffic lights scale that directs your foot care. Your doctor has marked in your current status regarding each of the risk factors for foot problems. This gives you guidance on the appropriate foot care for your feet:

Foot care traffic lights: your current status			
	RED	AMBER	GREEN
A – Anaesthesia			
B – Blood			
C – Care			
S – Structure/Shoes			

- RED** = Stop – Danger Be very careful about this area of your feet
- AMBER** = Caution Be careful now to avoid problems later
- GREEN** = Go – Healthy Be sure to check again in six months

More on A, B, C and S

A Anaesthesia

'Feet that cannot feel'

The nerves are 'asleep' – the signals of harm (e.g. heat, pain, injury) are 'off'. Your feet need extra protection.

- Check your feet every day – or have someone else do this if you can't see your feet clearly.
- Make sure that shoes are worn to protect your feet from injury.
- Make sure your shoes fit and protect your feet.

B Blood

'Feet that may not heal'

You may have reduced circulation and your blood flow may not be enough to heal any skin wounds or fight infections.

- Moisturise your feet and legs every day to keep the skin supple and a strong barrier.
- Keep moving to pump the blood to your feet; make 'circles' with your ankles if walking is not easy.
- Avoid any blood vessel 'blockers', such as smoking, high-fat foods, inactivity, high blood glucose or high blood pressure.

This handout provides a chart for patients with diabetes to help their day-to-day foot care, and also a summary of the essential points in the care of feet and the choosing of footwear.



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C Care

'Feet need a good deal'

If your feet are generally healthy (green lights), follow the foot care described in the panel below to keep your feet healthy.

- Remember to have your feet assessed every six months.
- Your feet and your foot care needs will change over time, so you need to keep a step ahead.

S Structure/Shoes

'Feet on an uneven keel'

Your feet are an odd shape – not on an even keel – and more likely to have corns, calluses and 'bumps' that rub against shoes. This may lead to skin wounds, which can become infected or form ulcers that may take months to heal.

- Have well-fitted shoes that do not rub.
- You may need an insole or orthotic to take the pressure off certain areas of your foot.
- You may need regular podiatry care.

Remember

If you can't feel your feet properly (anaesthesia – A) or they have reduced blood flow (B) or are a odd shape (S), you will need to have shoes carefully fitted to avoid rubbing and injury that can lead to ulcers.

- Ulcers are a big risk to your feet and can lead to amputation if they do not heal.
- If you have already had a foot ulcer, you need to be very careful to avoid another one.



General foot care equipment includes a gentle skin abrasive, mild antiseptic, moisturiser, a nail file and nail clippers.

Foot care and footwear for healthy feet

Hygiene

Wash and dry your feet every day. Special attention is needed between your toes. Be gentle.

Skin

Your skin acts as a barrier to infections. People with diabetes tend to have dry skin, so use a moisturiser on your feet each day after bathing to prevent skin cracks and infections. Avoid putting moisturiser between your toes, but apply plenty around your heels. Gentle use of a skin abrasive such as pumice stone after showering and before moisturising will help reduce callus build up on your feet.

Nails

Your toenails should be cut 'straight across'. If you cannot see or reach your nails or you have abnormal nails or reduced circulation then you will need help.

Corns/callus

These areas of thickened skin indicate

pressure areas and can become ulcers.

See a podiatrist and pay attention to footwear choices. Thickened nails and areas of skin redness are also signs of increased pressure.

Shoes

Shoes are meant to protect your feet from injury. Such protection is vital if your feet have lost nerve function and feeling. Shoes must fit your feet and not rub. Finding shoes that fit well is more difficult but more important if your feet are an odd shape.

Socks, garters

Check that your socks or pull-up stockings are not acting like 'garters' around your legs and reducing blood flow to your feet.

Keep walking

Your feet need to be in good shape to walk, and you need to walk to help your diabetes, weight and blood pressure. Enjoy the fresh air.

Who should be caring for your feet?

Are you able to look after your feet? Do you need help from someone else, or a podiatrist? Use the guide below to check.

Patient

You can care for your own feet if you:

- can see your feet and nails
- can reach your feet and nails
- have normal nails
- have normal circulation.

Relative/supporter care

You should have a relative or other carer look after your feet if you:

- cannot see your feet and nails
- cannot reach your feet and nails
- have normal nails
- have normal circulation.

Podiatrist

You should have a podiatrist look after your feet if you:

- have abnormal nails
- have decreased circulation.

Remember, look after your feet – one pair must last a lifetime!

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