

Appendix S: Diabetes, Healthy Feet and You – Brochure

People with diabetes should take care of their feet and be aware of any changes. The Canadian Association of Wound Care has developed the following tool (available in 16 languages) for people with diabetes to use.

Steps for Healthy Feet

General Health

- 1 Control your blood glucose levels.
- 2 If you smoke, quit.
- 3 Exercise daily as directed by your healthcare professional.

Caring for Your Feet

- 1 Look for signs of redness or blisters on your feet. This shows your shoe may not fit properly.
- 2 Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.
- 3 Do not soak your feet.
- 4 If you are unable to reach your toes or do not have feeling in your feet, have a healthcare professional trim your toenails for you.

Footwear

- 1 Shake out your shoes before you put them on.
- 2 Wear shoes at all times, indoors and out.
- 3 Buy shoes with closed toes as they protect your feet from injury.
- 4 Change your socks every day.
- 5 Buy shoes late in the day as feet tend to swell.
- 6 Have your shoes professionally fitted by a footwear specialist.

I will take care of my feet and make the changes needed to help keep my feet healthy!

DATE

SIGNATURE

This section is perforated for your personal reference.

Make the most out of your visit with your healthcare professional by asking these 3 questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

National Patient Safety Foundation

Sign up online at
www.cawc.net/diabetesandhealthyfeet
to receive your **FREE** monthly tip.

Visit us to read personal stories about foot care for people with diabetes, find a foot care professional, find the answers to frequently asked questions and more!

Canadian Association of Wound Care  Association canadienne du soin des plaies

Canadian Association of Wound Care

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This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions. Specific medical concerns should be directly handled by a qualified healthcare professional.

Canadian Association
of Wound Care



Association canadienne
du soin des plaies

Diabetes, Healthy Feet AND YOU



**How healthy are
YOUR feet?**

Know the signs.	Are your feet...	What can I do?
	<p>Numb, painful or tingling? Do your feet feel like blocks of wood?</p> <p style="text-align: center;">IF YES →</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Control your blood glucose levels. <input type="checkbox"/> Have a healthcare professional trim your toenails and care for the skin on your feet. <input type="checkbox"/> Have your shoes professionally fitted.
	<p>Changing shape? Is one foot different than the other? Any change is important.</p> <p style="text-align: center;">IF YES →</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid too much walking. <input type="checkbox"/> Visit your healthcare professional as soon as possible. <input type="checkbox"/> Have your shoes professionally fitted.
	<p>Dry, callused or cracked? Do they have sores or blisters?</p> <p style="text-align: center;">IF YES →</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Changes to your skin should be seen by a healthcare professional. <input type="checkbox"/> Wash a sore or blister with warm water; dry well, and cover with a bandage. See a healthcare professional today. <input type="checkbox"/> Avoid walking on your foot as it heals.
<p>Please continue to check your feet every day for any changes or signs of injury.</p> <p>If you have answered YES to any of these questions, please see a healthcare professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a healthcare professional.</p> <p>Have your healthcare professional check your feet AT LEAST 1-2 times per year or more if required.</p>	<p>Your Healthcare Professional Team</p> <p>Chiropodists or Podiatrists: specialize in treating foot diseases, disorders and dysfunctions</p> <p>Diabetes Educators: provide education on diabetes, including foot care</p> <p>Doctors: assist in diabetes management, and some have specialized training in foot care</p> <p>Nurses: some have specialized training in foot care</p> <p>Orthotists / Prosthetists: specialize in orthotic and prosthetic devices</p> <p>Pedorthists: specialize in orthotics, footwear and footwear modifications</p>	<p>Key Phone Numbers:</p> <p>Chiropodist or Podiatrist</p> <p>Diabetes Educator</p> <p>Doctor</p> <p>Nurse</p> <p>Orthotist / Prosthetist</p> <p>Pedorthist</p> <p style="text-align: right;">For more information, visit www.cawc.net/diabetesandhealthyfeet</p>

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