

Preventing Problems

As well as checking your feet daily and continuing with good foot care, there are other measures you can take to help look after your feet and prevent complications:-

- Walk as much as possible to keep the blood circulating.
- Keep your diabetes under good control.
- Make sure your blood pressure and cholesterol are under control.
- Eat a well balanced healthy diet
- Consider weight loss.
- Quit smoking.
- When not in hospital ensure you attend any foot screening or Podiatry appointments.
- If in doubt—check it out.

Patient Advice and Liaison Service

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year. Telephone: 111 (free from a landline or mobile) Website: www.nhs.uk

Patient UK

Provides leaflets on health & disease translated into 11 languages & links to national support/self help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups

A selection of websites providing access to quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders.

Website: www.library.sath.nhs.uk/find/patients/



The Shrewsbury and
Telford Hospital
NHS Trust

Patient Information

Diabetes—Caring for your feet whilst in hospital



**Diabetic Foot Clinic,
Hummingbird Centre
Royal Shrewsbury Hospital**

01743 261000 ext 3055

sath.dfc@nhs.net

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Just like when you are at home, it is really important to look after your feet whilst you are in hospital.

It is essential that your feet are checked daily. If you are not able to do this, ask a member of staff to help.

Neuropathy (Nerve end damage)

You may not have full feeling in your feet so you may not feel injury or warning signs that something is wrong:-

- If you are in bed, you may have pressure to your heels which could cause sores.
- Do not walk barefoot. You may not feel it if you tread on something. Ideally slippers or shoes should be worn when walking on the ward.
- Make sure your bed sheets are not too tight across the feet. They may rub and cause sores to the toes.
- Make sure your feet aren't pressing against the board at the bottom of the bed as it could damage your feet.

Circulation (blood supply)

If the blood supply to your feet has been affected,

- Your skin and nail quality may be more fragile and injure more easily.
- It might be difficult for your wounds to heal and fight infection.

Wounds

If you have any wounds on your feet, you must tell the ward staff. The staff can regularly dress and look after your wounds. They will refer you to the Diabetic Foot Clinic to ensure everything is being done to help heal your wound.

You may be given special boots to wear in bed to help reduce the pressure on sore areas or wounds.

Looking after your feet

Whilst in hospital, you should continue with good daily foot care:-

- Wash your feet in warm water with mild soap, dry carefully and thoroughly paying particular attention to in-between the toes.
- Apply moisturizing cream to keep the skin in good condition, avoiding in-between the toes.
- File any rough skin and nails.

- If you have been provided with footwear, make sure you wear it.

Warning signs

Remember, your feet should be checked daily. You need to check for any of the following **danger signs**:-

- Redness?
- Swelling of the leg or foot?
- Any new breaks in the skin?
- New blisters/Ulcers?
- Is there any fluid/leaking from your feet?
- Pain or throbbing?
- Does your foot have a strong smell?
- Have your blood sugars gone up unexpectedly?
- Do you feel like you have a fever?
- Do you feel unwell, shivery or have flu like symptoms?

Tell a member of ward staff immediately if you have any concerns.