

Simple Steps to healthy feet:

what to look for when checking your feet

OBJECTIVE: To ensure your group members understand what to look for when checking their feet at home and the action to undertake if certain conditions are discovered.

When checking their feet, it's good to know what conditions to look for and what action needs to be taken to help minimise the risk of complications occurring. Here are common foot conditions that people with diabetes need to be aware of.



If feet become discoloured, hot, swollen or unusually painful, there may be an infection. You should contact your healthcare professional or specialist team immediately.

Dry skin and callus

Callus is an extended area of thickened, hard skin on the soles of the feet.¹ When it becomes moderate or severe, superficial cracks may start forming which can potentially develop into larger cracks or ulceration.

Pre-callus with dry skin



Tell members to visit their healthcare professional and look to understand whether an emollient containing 10% urea may help them.

Moderate or severe callus



Tell members to visit their healthcare professional and look to understand whether an emollient containing 25% urea may help them.

Ulceration

A foot ulcer is an open wound or sore on the skin that can be slow to heal² and susceptible to infection.



Report **immediately** to your healthcare professional. Ulceration should be taken seriously and covered with a suitable sterile dressing and kept clean and dry. Do **NOT** apply creams to ulcerated areas.

TIP: Tell group members to visit or speak to their doctor, nurse or podiatrist if they experience a change in the condition of their feet in 24 hrs.

TIP: Remind group members that even if feet appear healthy, they should check their feet and apply a urea-based emollient every day to help prevent complications arising.

Find out more information at: www.flexitol.co.uk/simple-steps

References

1. The College of Podiatry, Corns & Callus, <https://cop.org.uk/foot-health/common-foot-problems/corns-callus/> [Last accessed September 2020]
2. NHS England, Complications: Peripheral neuropathy <https://www.nhs.uk/conditions/peripheral-neuropathy/complications/> [Last accessed September 2020]