* **Document risk level for each foot individually**
* **Inform patient of risk level for each foot individually**
* **Provide general foot care advice**
* **Provide Foot Care Information Leaflets based on individual risk**
* **Provide emergency contact numbers in case of development of acute foot problems**

**The Foot Care Bundle**

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The following Patient Information Leaflets are available to hand out to patient according to their risk level and as required:

1. Low Risk Leaflet
2. Medium Risk Leaflets
3. High Risk Leaflets
4. Holiday Feet Leaflet
5. Advice about your Footwear Leaflet
6. Looking after you Diabetic Foot Ulcer Leaflet

**Example of contact information:**

If you develop blistering, redness, swelling, deformity or ulceration of your feet contact your GP surgery for an urgent doctor’s appointment.

The contact number for your GP surgery is: 000 0000 0000

If you are already receiving care for a diabetic foot problem (from a podiatrist in the community or at the hospital) and you notice a deterioration in your foot problem, but are unable to access this service, then contact your GP surgery for an urgent doctor’s appointment.

If you have either of the above and feel unwell, especially with fever, vomiting or very high blood sugar readings, then attend the Accident and Emergency department at your local hospital.

Your local hospital is: ACBD Hospital NHS Trust

XYZ Road

Postcode

**General Foot Care Advice**

1. Make sure your diabetes is well controlled.
2. Check your bare feet every day, looking for cuts, blisters, skin changes or swelling. Use a mirror or enlist the help of a relative if you have trouble looking at the soles of your feet. Set a time to check your feet every day.
3. Wash your feet daily with warm water and dry your feet well, taking extra care to dry between the toes.
4. Use a pumice stone to smooth corns and calluses.
5. Apply a small amount of skin cream over the tops and soles of your feet, but avoid applying cream between the toes.
6. Trim your toe nails straight across and file the edges with an emery board. Do this weekly or when needed.
7. Wear comfortable shoes that fit well and protect your feet. Make sure there are no objects inside your shoes before wearing them. Do not walk barefoot.
8. Protect your feet from extreme temperature. For example, wear socks at night if your feet get cold, wear shoes at the beach.
9. Be more active. Wiggle your toes and move your ankles up and down for 5 minutes 2-3 times daily.
10. Do not smoke.