

## Foot Health Information to provide to Patients with Diabetes in Lambeth and Southwark

**Purpose:** This is a resource list medical professionals can use to find information to share with people with diabetes about maintaining healthy feet. Many people with diabetes know that they have to take special care of their feet, but they perhaps don't know why. Understanding how and why foot problems develop will help people take action to prevent them.

Item / Resource	Description	File or web page link
<p><b>10 Steps to Healthy Feet</b></p>	<p>This information provides the ten basic measures that a patient with diabetes would need to know and routinely follow in order to reduce the risk of lower limb complications.</p>	 <p>Ten-tips-healthy-feet.pdf  <a href="https://shop.diabetes.org.uk/usr/downloads/Ten-tips-healthy-feet.0212.pdf">https://shop.diabetes.org.uk/usr/downloads/Ten-tips-healthy-feet.0212.pdf</a></p>
<p><b>Diabetes and Your Feet</b></p>	<p>This booklet explains how diabetes can affect the feet of a patient with diabetes and how to reduce the risk of foot problems, keep skin and toenails in good condition and how to people should look after their feet when on holiday.</p>	 <p>Diabetes_and_your_feet_A5.pdf  <a href="http://www.scpod.org/publications-to-download/leaflets-posters-and-postcards/leaflets/diabetes-leaflets/">http://www.scpod.org/publications-to-download/leaflets-posters-and-postcards/leaflets/diabetes-leaflets/</a></p>
<p><b>What Foot Health Care to Expect</b></p>	<p>The information available through Diabetes UK covers the tests, questions and examinations a patient should expect during routine foot and lower limb screening.</p>	 <p>What-footcare-to-expect.pdf  <a href="http://www.diabetes.org.uk/Guide-to-diabetes-OLD/Monitoring/Feet/What to expect at a foot examination/">http://www.diabetes.org.uk/Guide-to-diabetes-OLD/Monitoring/Feet/What to expect at a foot examination/</a>   <a href="http://www.diabetes.org.uk/Documents/Guide%20to%20diabetes/monitoring/What-footcare-to-expect.0212.pdf">http://www.diabetes.org.uk/Documents/Guide%20to%20diabetes/monitoring/What-footcare-to-expect.0212.pdf</a></p>
<p><b>Touch Toes Test</b></p>	<p>This quick and easy test is designed to assess sensitivity in the feet, and can be done in the comfort of home. Sensitivity is an important way that the body can alert patients to other problems. Sensations, like sharp pain or throbbing, can inform people when they may have damage to a part of their body. In the case of feet, pain could be due to a burn, blister or cut and because it is felt, prompt action can be taken toward appropriate treatment.</p>	 <p>TouchToesTest.pdf  <a href="http://www.diabetes.org.uk/touch-the-toes-test">http://www.diabetes.org.uk/touch-the-toes-test</a></p>
<p><b>15 Healthcare Essentials</b></p>	<p>Getting all of the relevant checks each year is really important for the long-term health of a patient with diabetes, and to help avoid serious complications. These checks include everything from a regular HbA1C test, to access to diabetes education and help with feelings and emotions if you need it.</p>	 <p>15 measures checklist.pdf</p>

Item / Resource	Description	File or web page link
	This guide informs patients of the 15 basic health checks and services that everyone with diabetes – whether Type 1 or Type 2 – should receive from their healthcare team and how often these should be carried out.	<a href="http://www.diabetes.org.uk/Guide-to-diabetes/Monitoring/15-healthcare-essentials/">http://www.diabetes.org.uk/Guide-to-diabetes/Monitoring/15-healthcare-essentials/</a>
Think 'FEET'	The college of Podiatry have engineered a poster to help patient groups and care home workers in raising awareness of the signs of foot health concerns and foot disease for people with diabetes was noted as an issue. 'Think FEET' was developed and recommended to be raised much like the FAST (Face, Arms, Speech, Time) approach to stroke.	 Think_Feet_April2013[1].doc
Diabetes UK Tracker Smartphone App	If you have Type 1 or Type 2 diabetes, or are caring for someone who does, and you own an Apple or Android smartphone – you can download the free Diabetes UK Tracker app. The app is designed to be quick and simple to use, taking the daily chore out of logging levels such as blood glucose, carbohydrates and calories.	<a href="http://www.diabetes.org.uk/How_we_help/Diabetes-iPhone-Tracker-app/?utm_source=bronto&amp;utm_medium=email&amp;utm_term=Download+our+free+award-winning+Diabetes+UK+Tracker+app&amp;utm_content=November+e-newsletter+2013&amp;utm_campaign=Download+our+free+award-winning+Diabetes+UK+Tracker+app">http://www.diabetes.org.uk/How_we_help/Diabetes-iPhone-Tracker-app/?utm_source=bronto&amp;utm_medium=email&amp;utm_term=Download+our+free+award-winning+Diabetes+UK+Tracker+app&amp;utm_content=November+e-newsletter+2013&amp;utm_campaign=Download+our+free+award-winning+Diabetes+UK+Tracker+app</a>
Education Seminars	The following sites will have up to date information regarding patient education seminars in the community	<a href="http://www.healthwatchsouthwark.co.uk/">http://www.healthwatchsouthwark.co.uk/</a> <a href="http://www.healthwatchlambeth.co.uk/">http://www.healthwatchlambeth.co.uk/</a>
	Diabetes UK holds an annual Diabetes Awareness Week as well as an annual conference for both practitioners and patients	<a href="http://www.diabetes.org.uk/In_Your_Area/London/Education/">http://www.diabetes.org.uk/In_Your_Area/London/Education/</a>
	The Royal Society of Medicine holds regular conferences for medical and healthcare professionals as well as public engagements	<a href="http://www.rsm.ac.uk">http://www.rsm.ac.uk</a>
Diabetes UK	Become a member of Diabetes UK or get involved to improve services	<a href="http://www.diabetes.org.uk/membership">www.diabetes.org.uk/membership</a> or call 0845 123 2399 <a href="http://www.diabetes.org.uk/get-involved">www.diabetes.org.uk/get-involved</a>
	For advice and support call the Diabetes UK Careline	0845 120 2960

This resource has been produced by the Diabetes Modernisation Initiative (DMI) Working Group for Improving Foot Health in December 2013. It has been created and reviewed by representatives from the following organisations: