

FOR HCPS CARING FOR PEOPLE LIVING WITH DIABETES



QUESTIONS TO ASK AT EACH REVIEW: (FACE TO FACE OR ON THE PHONE)

- Have you had any problems at all with your feet since we last checked them?
- Have you had any cuts, blisters or breaks in your skin?
- If you found a problem, do you know who to contact?
- Are you able to see your feet? Could you use a mirror to check the bottom of your feet? Or can someone check them for you?
- Are your feet an unusual colour?
- Are your feet swollen?



IF AN ACTIVE PROBLEM IS DISCOVERED FOLLOWING KEY QUESTIONS, ASK...

- How long have you had the break in the skin?
 The longer the duration, the more likely it is to be infected.
- What do you think caused it?
 Traumatic wounds made due to a non-sterile object increase risk of infection.
- Do you have pain or tenderness in the wound or surrounding tissues?
 Presence of pain or tenderness, especially in a patient with known peripheral neuropathy, may indicate infection.
- Has there been any fluid leaking from the wound? Can you describe it?
 If it is white/yellow/greenish, non-translucent and thick, it is likely to be infected.
- Has the wound had an unpleasant odour? For how long?
 Presence of an unpleasant odour may indicate infection.
- Have you felt feverish or had shivering and/or a high temperature?
 Presence of fever, chills or rigors may indicate infection or severe infection, which may require an admission
- Do you know if your blood glucose levels have been higher than usual?
 This is common with an acute infection

If you detect any of the above, refer your patient urgently, they may require substantial doses of antibiotics and you are potentially saving life and limb!



ESSENTIAL ADVICE FOR YOUR PATIENTS ON KEEPING FEET HEALTHY

- Check feet everyday
- Be careful cutting toenails (do not cut down the sides of the nail, use a file)
- Check your footwear before putting it on
- Avoid walking bare foot
- Moisturise daily, not between toes)
- Keep blood sugar, cholesterol & blood pressure within target



For further information contact:

Tel: 0116 258 4674
www.edendiabetes.com

EDEN@uhl-tr.nhs.uk
@EDEN_Leicester



Leicester Diabetes Centre

