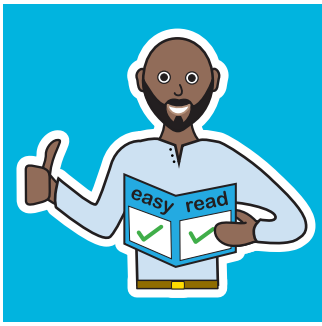
NHS

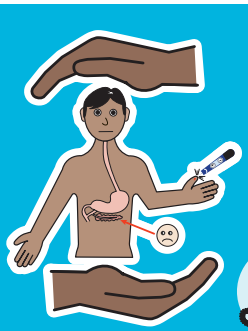


Looking after your diabetic foot ulcer



diabetes information and advice leaflet





Emergency Action Plan

FOOT ATTACK?

If your foot is red, swollen or if you have breaks in the skin



PHONE 0113 357 8473 IMMEDIATELY.



If you are unable to get through consider contacting an Out of Hours service or Accident and Emergency.

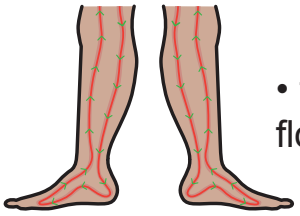
Originally produced by the Scottish Diabetes Group - Foot Action Group.

Diabetes is a lifelong condition and can cause foot problems.

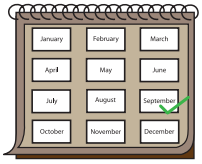
It can affect:



• the feeling in your feet



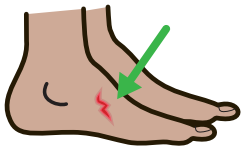
• the circulation, or blood flow, in your feet



You might not notice the changes in your feet. It is essential you have regular checks by a podiatrist. You can then agree a treatment plan.

You have a diabetic foot ulcer.

This means you have breaks in the skin.



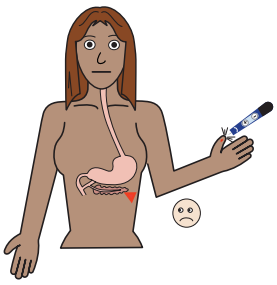
In some people with diabetes the skin does not heal very well. They are at risk of developing an ulcer or infection after a very small injury.



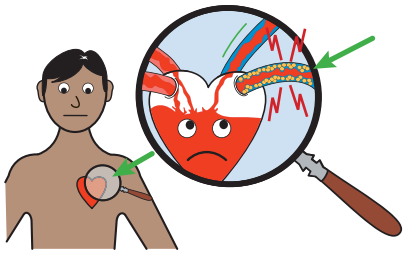
It is important to look after your foot ulcer so you do not get an infection.

You can help reduce feet problems by good control of your

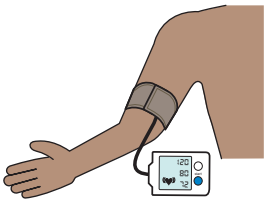
diabetes

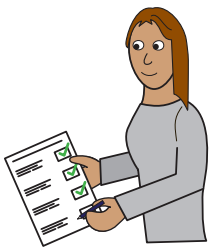


cholesterol



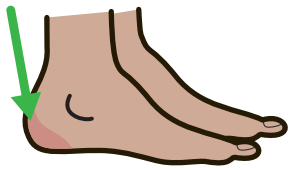
blood pressure





as well as regular foot screenings.

Podiatry treatment for your diabetic foot ulcer



Diabetic foot ulcers are sometimes hidden under hard skin.
Your podiatrist will help you to treat the ulcer.
You should not try to treat the ulcer yourself.

How to look after your diabetic foot ulcer



Do not touch the dressing unless you have been properly shown how to remove and replace it.
You have a suitable dressing to change it.

To keep your feet healthy

Check your feet every day

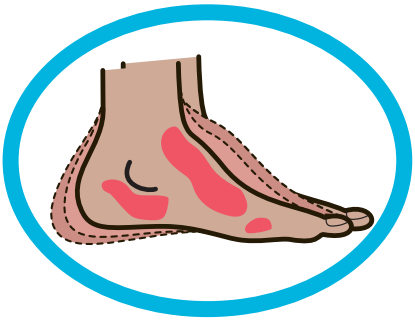
pain



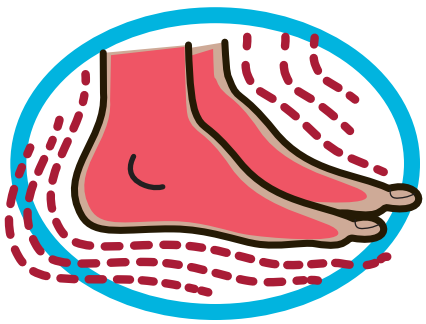
new smell from your foot



swelling, redness



feel hotter



do not get your dressing wet



flu like symptoms



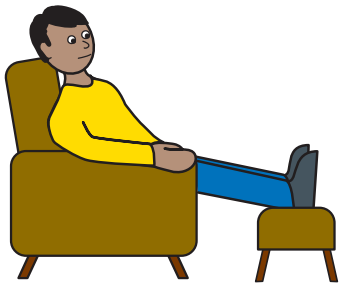
Moisturise your feet every day



If your skin is dry use a moisturising cream avoiding areas of broken skin and between your toes.

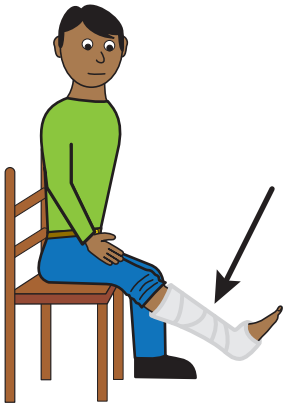


Do not stand or walk on the affected foot.



Rest as much as possible and keep your foot up to help it heal. Use anything your podiatrist gives you to help.

Footwear

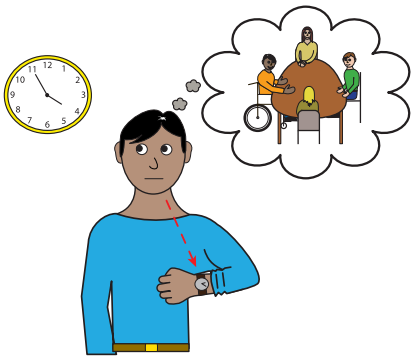


You may be asked to wear a cast or a special shoe until your ulcer has healed.



Do not wear any other footwear until your podiatrist tells you.

Podiatry appointments



Always attend your appointments to have your ulcer treated. These will be with a district nurse, a treatment room nurse or podiatrist.

Antibiotics treatment



You will be given antibiotics if you have an infection.

Do not stop taking your antibiotics unless the person treating you tells you to. It is important you finish your course of antibiotics.

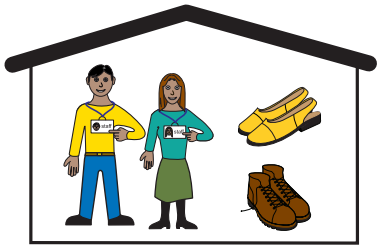


If you have any problems when you take the antibiotics you must tell the person who prescribed them or contact your GP or NHS 111.



Useful contacts

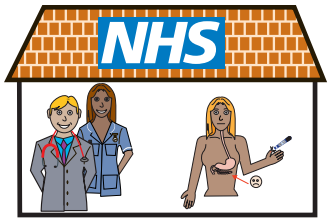
Leeds Foot Protection Service



Phone: **0113 843 4158**

Email: **leedsfoot.protectionservice@nhs.net**
(Allows self referral for non urgent problems).

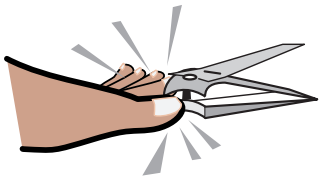
St James University Hospital



Diabetes Department

Phone: **0113 206 5066**

Royal College of Podiatry



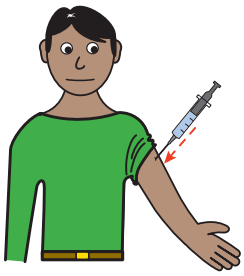
Phone: **020 7234 8620**

Web: **www.feetforlife.org**
(Can provide free list of private registered podiatrist close to where you live).



Diabetic Retinal Screening is essential.
If you have missed it this year then you can contact them either by email **WAKCCG.retinalscreening@nhs.net**

or by Phone**01924 541217.**



Having your annual flu jab is essential.
Ask your doctor, nurses or pharmacist for further details.

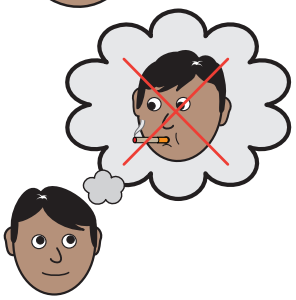


Useful contacts

Do you smoke?

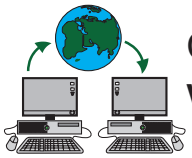


Smoking affects your circulation and could lead to amputation. If you wish to stop you can, please just ask.

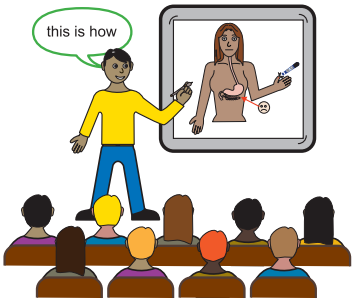




One of the best ways is with
One You Leeds - Phone **0800 169 4219.**



Check their website
www.oneyouleeds.co.uk/be-smoke-free/



Do you want to increase your skills, knowledge and confidence in managing diabetes?

For Type 2 Diabetes (LEEDS Course)





Phone: **0113 843 4200**

Email: **longtermcondition@nhs.net**

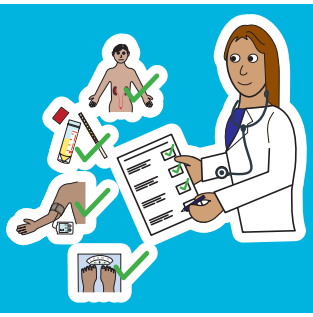
For Type 1 Diabetes (DAFNE Course)





Phone: **0113 206 5014**

Web: **www.dafne.uk.com**



Your recent results are:

	Latest	Date	Previous	Date	Further Information
HbA1c					Ideal to be between 53 to 58
Blood Pressure					Ideal if between 120/70 to 130/80
Cholesterol					Ideal if less than 4
Urinary ACR (protein in urine)					Best if negative
Weight (kg)					
Eye screening					Needs to be done at least once a year
Kidney Stage					Ask your GP/Nurse
Body Mass Index (BMI)					Good to aim between 18.5 to 24.9

Your next diabetes assessment will be due:

Month: **Year:**

Your next actions are:

.....

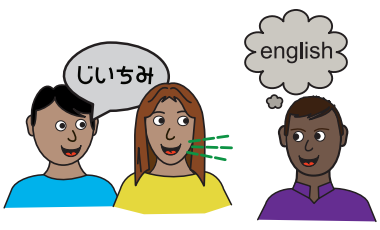
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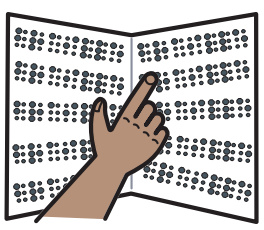
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For a translation of this document, an interpreter or a version in:









contact **the Patient Experience Team on 0113 220 8585** or email **lcht.lch.pet@nhs.net**