

Footcare and Diabetes in Children

Patient information leaflet

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**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Taking care of your feet

Everyone with diabetes will have an annual foot check. Your foot check, also called a foot screening, is part of your annual review.

This will involve a health professional looking at your feet, asking you questions about any changes and checking the blood supply. They may refer you to a foot specialist, called a podiatrist, or a local foot protection team.

Not all people with diabetes have problems with their feet, but having diabetes may put you more at risk of developing foot problems such as:

- Loss of feeling (which means you may not know you have hurt your feet). This is known as peripheral neuropathy.
- Poor blood supply.
- Slower healing.

To avoid these problems good control of your blood sugars, blood pressure and cholesterol levels is important. Following a healthy diet and keeping active can also help.

Furthermore, if you smoke you are strongly advised to stop.

Choose proper footwear as badly fitting shoes can cause problems for the feet such as blisters, corns, hard skin, bunions and hammer toe.

Notes

References

- Birmingham Children's Hospital guidelines.
- Royal Liverpool Hospital guidelines.
- Diabetes UK.

This leaflet has been written to help manage diabetes at home. Do not rely on this leaflet alone for information about your child's treatment.

If you require any further information, please telephone and ask for your paediatric diabetes specialist nurse.

The Diabetes Team are here to support you: if you have any questions contact the diabetes team on:

Ormskirk:

- Paediatric Diabetes Office: 01695 656 766 or 01695 656 867.
- Children's Ward, Ormskirk Hospital: 01695 656 912.

Whiston:

- Whiston Hospital: 0151 430 1404.

Top tips and recommendations:

- Check your feet and shoes daily. If you cannot reach them use a mirror or ask someone else to look.
- Keep your feet clean and dry gently between the toes.
- Moisturise your skin with hand cream or aqueous cream, but not between the toes.
- Wear shoes or slippers at all times. Wear the right shoes for the job.
- Cut your nails (softer after washing) according to the shape of your toe.
- Choose shoes which provide good support. They must be broad, long and deep enough, so have them measured for length and width. Check that you can wriggle all your toes in your shoes.
- Avoid extremes of temperature, heat or cold.
- Do not treat corns or calluses yourself. Seek advice.
- Do not use surgical blades or corn-paring knives or corn-remedies on your feet. Go to a podiatrist.
- Avoid hot water bottles and electric blankets. Wear warm loose bed socks instead.

How can I take care of my feet?

Top tips and recommendations continued:

- Check your shoes for ridges, sharp points or sticking out nails.
- Wear loose fitting cotton socks or stockings are best. Choose ones without ridges or seams. If they do have these wear them inside out. Change them daily.
- Follow a healthy diet and keep active.
- Keep your blood glucose levels as close to your target as possible.
- Avoid excessive alcohol intake.
- Do not smoke.
- Do not dig down the sides of your nails.
- When in the sun always use high factor sunscreen on your feet and always wear suitable footwear to protect them.
- Avoid very hot baths. Put cold water in first then add hot water and test with your elbow.
- Avoid sitting close to fires or radiators.
- Do not walk barefoot if you have lost sensation in your feet.

Speak to your healthcare team to check if you need to do anything else to help you manage your diabetes.

Treat your feet with respect. If you notice something new that you are worried about, like a cut or blister on your foot, call your GP, podiatrist or foot protection team straight away.

If you cannot get through, call 111 for advice.