

Why would I need to go to a High Risk Foot Service?

If your doctor has tested your feet (see below photos) and identified that you have a foot ulcer, neuropathy, ischaemia or any other serious problems, then you are at high risk of developing complications that can lead to an amputation.



Why go to a High Risk Foot Service?

Research shows that at least half of all amputations can be prevented if people with foot ulcers or with high risk feet:

- ▣ Are cared for by a high risk foot service
- ▣ Have regular foot examinations & education
- ▣ Wear suitable footwear
- ▣ Have good blood glucose control

What to expect from your treatment at the High Risk Podiatry Service?

At your visit you will receive information on:

- ▣ What are normal foot assessments
- ▣ What dressing regime is suitable for your foot ulcer
- ▣ What you need to do to look after your feet

If you have any questions about the service please feel free to ask. The service is here to work with you and your Doctor to best care for your feet.

High Risk Foot Service

Contact Details



Hours of Business:

Urgent Out of Hours Contact
Local Doctor or
Local Emergency Department



The Ulcerated Foot



Patient Information Leaflet

**How to care for your
foot ulcer**



What is a High Risk Foot Service?

A High Risk Foot Service looks after people who have, or are at greater risk of developing foot ulcers. The service usually has access to specially trained Podiatrists, Doctors, Nurses and/or Orthotists. If you have high risk feet, the service will work with you and your doctor to help you prevent ulcers and possible amputation(s).

What is a High Risk Foot?

You have a high risk foot if you have the following foot problems:

- ▣ **Neuropathy** - poor feeling, like a numbness where you don't feel damage to your feet
- ▣ **Ischaemia** - poor circulation to your feet causing delayed healing of cuts or wounds
- ▣ A current/previous foot ulcer or amputation
- ▣ Severe foot deformity



What is a Foot Ulcer?

- ▣ A foot ulcer is a sore on your foot usually caused by trauma, and aggravated by neuropathy and/or ischaemia, that hasn't healed.

What causes a High Risk Foot?

Neuropathy, ischaemia or severe foot deformity all increase the risk of developing a foot ulcer, and can delay the time taken for an ulcer to heal.

If you have Diabetes, then this can cause high blood glucose levels.

Research shows that if blood glucose levels are high it increases the chances of you developing the above foot problems.

▣ You have a Foot Ulcer or Charcot Foot.

Your Guide to your Foot Ulcer Care

1. If you have diabetes:

Control your Blood Glucose Levels

2. See your Podiatrist and/or Doctor:

At least every week

3. If you have any danger signs of infection see your Doctor or Podiatrist:

Stop

- ▣ Is there any pus or discharge?
- ▣ Does your foot feel hotter than usual?
- ▣ Are there any areas of redness, inflammation or swelling?
- ▣ Is there a different smell from your foot?
- ▣ Is there pain or throbbing?
- ▣ Do you have flu-like symptoms?

It may be an infection so tell your Doctor straight away!

4. Taking good care of your Foot Ulcer

- ▣ Rest as much as possible
- ▣ Wear the special shoes, insoles or casts prescribed for you at all times when walking
- ▣ Ensure your ulcer is dressed at all times
- ▣ Keep the dressing dry and replace if it gets wet
- ▣ Before applying a new dressing inspect your ulcer for any sign of infection.

If you notice any sign of infection contact your Podiatrist, GP or Emergency Department for advice

5. Your Recommended Dressing Regime

Clean the wound with _____

Type of Dressing _____

How Often _____

Pressure Deflection Device _____

Special Instructions _____

6. Footwear:

- ▣ Protect your feet from damage by wearing appropriate footwear, prescribed insoles or offloading devices at all times
- ▣ Check inside footwear for any irritants before putting them on

Your Footwear should have:



Our Goals:

- ▣ To heal your foot ulcer as fast as possible
- ▣ Prevent you from getting another foot ulcer or infection
- ▣ Other _____