

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 diabetic foot 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 diabetes who have foot ulcers or with high risk feet:

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

What is 'A Guide for your first visit to the High Risk Foot Service' over page?

This guide will assist you to understand what's involved when you come for your first visit to the high risk foot service. At your visit you will receive information on:

- ▣ What are normal foot assessments
- ▣ Available treatments and advice
- ▣ 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

***(07)
or Call your Local Doctor***

HIGH RISK FOOT SERVICE (HRFS)



PATIENT INFORMATION BROCHURE

What is a High Risk Foot Service?

A High Risk Foot Service looks after people with diabetes that have diagnosed high risk feet or foot ulcers. The service usually has specially trained Podiatrists, Doctors, Nurses and/or Orthotists. The service works with people with high risk feet or foot ulcers and their doctors to help you prevent ulcers and amputations.

What is a High Risk Foot?

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

- ▣ Neuropathy - poor feeling (like numbness) causing you to not feel damage to your feet
- ▣ Ischaemia - poor circulation to your feet causing slow healing of cuts or wounds
- ▣ A previous foot ulcer or amputation



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 within 2 weeks.

What causes a High Risk Foot?

Diabetes is a lifelong disease which can cause high blood glucose levels. Research shows that if these blood glucose levels are high for long periods of time it increases the chances of getting the above foot problems.

What do you need to bring to a High Risk Foot Service?

We encourage you to bring your :

- ▣ referral letter from your doctor
- ▣ any other papers from your doctor including results from blood tests
- ▣ blood glucose book
- ▣ shoes you wear most of the time
- ▣ family and friends to make you feel comfortable

What can you do for your feet?

1. Control your Blood Glucose Levels
2. Stop Smoking
3. Make sure your shoes fit properly and protect your feet
4. Check your feet daily for sores or infections
5. See your Doctor if you have sores or infections

Stop

Do you have a red, hot, swollen, painful or pus foot?
It may be an infection so tell the Doctors straight away!

A Guide to your first visit to the HIGH RISK FOOT SERVICE (HRFS)

What should you think about before your appointment?

Please write in your answers to help us help you

1. How long have you had Diabetes? _____
2. What was your most recent HbA1c reading (3month blood test for your sugar levels)? _____
3. What have your minimum and maximum sugar levels been in the last 2 weeks?

4. Do you have high cholesterol levels? Yes / No

5. Do you have high blood pressure? Yes / No

6. Do you have a family history of diabetic foot problems? Yes / No

7. Do your feet get numb, tingle or burn? Yes / No

8. Do you need to rest because of leg pain when you walk? Yes / No

9. Have you had or have any sores/ulcers on your feet? Yes / No

10. If you have sores or ulcers on your feet how have they been treated?

What happens on my First Visit?

You will be:

- ▣ Asked to remove your shoes & socks
- ▣ Asked about your diabetes & general health
- ▣ Asked about how your feet are
- ▣ Have your feeling in your feet tested
- ▣ Have your circulation in your feet tested
- ▣ Have your feet inspected for diabetic problems
- ▣ Told your Diabetic Foot Risk after these tests

What happens at the end of visit?

Your Foot Care Plan

The HRFS will discuss with you your ongoing Foot Care Plan. This plan will be then shared with your local doctor.

Your Foot Care Plan usually aims to:

1. Heal your foot ulcer as fast as possible OR
2. Prevent you from getting a foot ulcer or infection.

What is my Diabetic Foot Risk Colour?

You have a Foot Ulcer or Charcot Foot.

You are at Higher Risk of a Foot Ulcer

You are at Low Risk of a Foot Ulcer