

## 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?

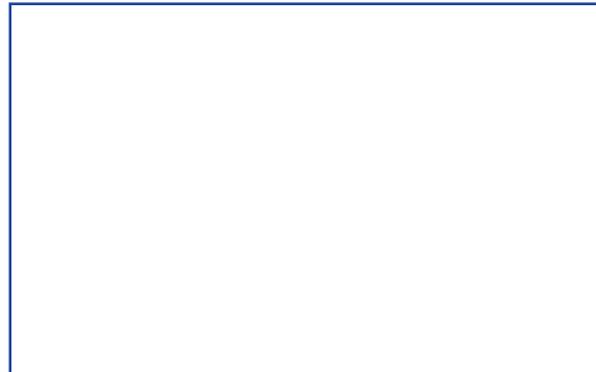
At your visit you will receive information on:

- ▣ What are normal foot assessments
- ▣ What footwear and insoles are suitable to prevent a 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 High Risk Foot



## Patient Information Leaflet

## How To Keep Your Feet



## 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 are at High Risk of a Foot Ulcer

## Your Guide to your Foot Care

### 1. If you have diabetes:

Control your Blood Glucose Levels

### 2. See your Podiatrist and/or Doctor:

At least every 3 months

### 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 High Risk Foot

- ▣ Look for new ulcers, infections, cuts, blisters, bruises or any other changes
- ▣ Wash your feet
- ▣ Dry thoroughly, especially between the toes
- ▣ Apply cream, but not in-between your toes
- ▣ Change socks daily
- ▣ If applicable wash cuts and apply basic first aid
- ▣ File callus/dry skin weekly
- ▣ Do NOT use corn plasters
- ▣ Wear appropriate footwear at all times

### 5. Your Basic First Aid Checklist:

- ▣ Wash breaks in the skin under water, pat dry, and apply a clean dry dressing
- ▣ Change dressings every day
- ▣ Monitor break(s) for delayed healing or infection

**If you see signs of infection or delayed healing contact you Doctor or Podiatrist urgently as you may require antibiotics.**

### 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:

- ▣ Prevent you from getting a foot ulcer or infection
- ▣ Other \_\_\_\_\_