

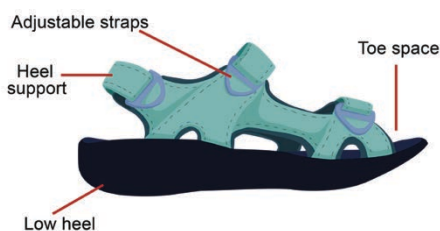
Actions

Teach how to care for feet

Key things to teach each person:

- ✓ Check feet every day for: redness, skin damage, cuts or swelling. Remember:
 - Look **all over each foot** (top, bottom, between toes)
 - If needed, use a mirror or get help
 - See a health care professional straight away if there are any problems.
- ✓ Wash and dry feet, including between toes every day.
- ✓ Avoid walking bare foot - wear suitable shoes (or therapeutic footwear or off-loading device).
- ✓ For anyone who smokes or drinks alcohol: smoking and alcohol increase the risk of a foot wound. Advise to stop smoking and reduce alcohol.

Teach about suitable shoes



Explain that suitable shoes:

- ✓ Help protect feet from injury and wounds
- ✓ Help reduce the risk of falling.

Describe the key features of suitable shoes:

- ✓ A low heel (flat shoe)
- ✓ Adjustable straps or laces
- ✓ Firm heel support (closed or strap)
- ✓ Toe space with room for toes (not pointy)
- ✓ A non-slip base (such as rubber)
- ✓ Only bend at the toes
- ✓ Upper material that is adjustable, breathable and durable. For example, leather, fabric, or mesh.

Check the person's shoes:

- ✓ Are they suitable?
- ✓ Do they fit? Check with the person standing and then walking:
 - Toe space (thumb width between end of longest toe and front of shoe)
 - Close fit at widest point of foot
 - Heel support fits closely and does not slip No areas that pinch, rub or cause pressure.
 - If shoes are not suitable or do not fit, suggest where to buy suitable shoes and what to look for.