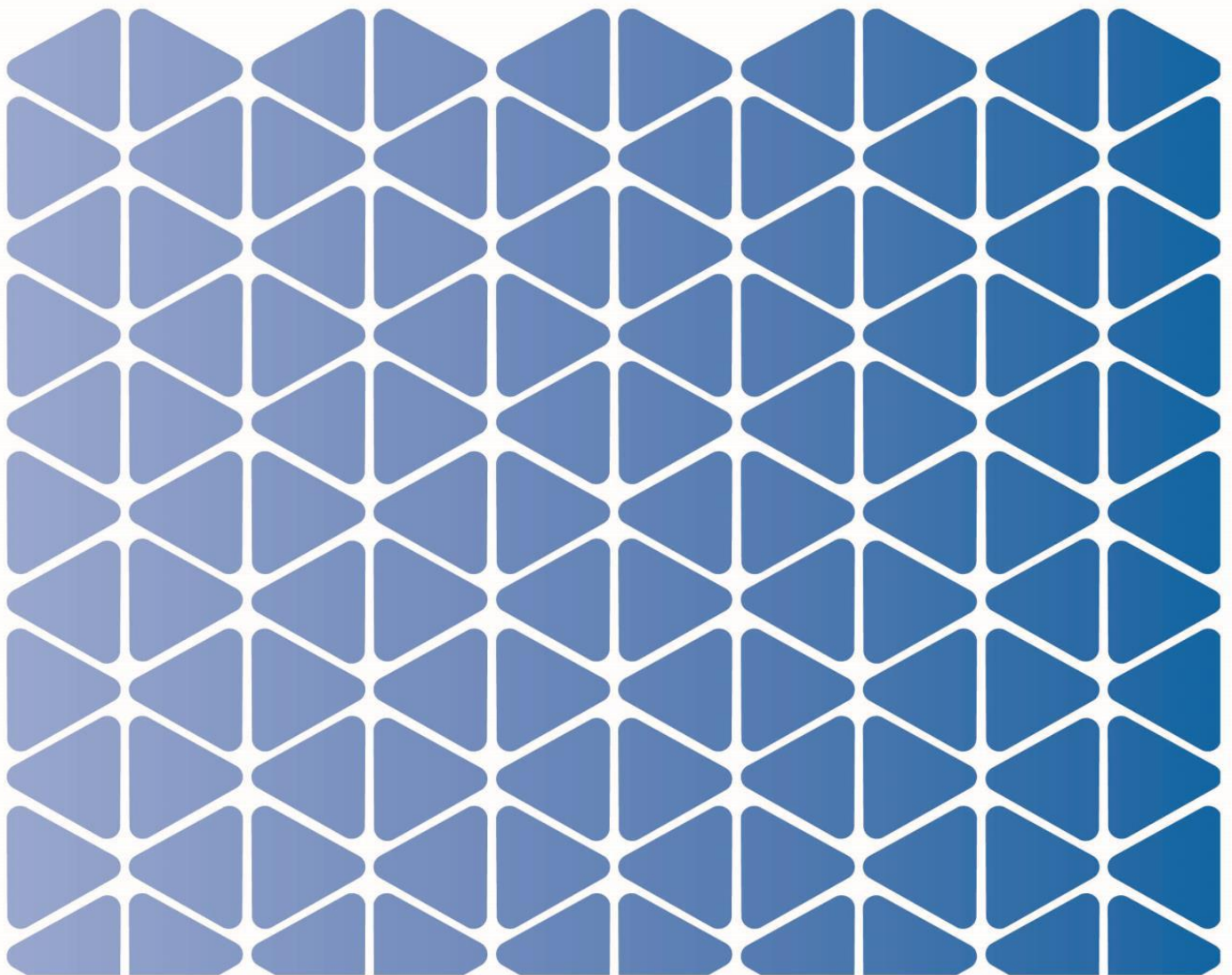


PATIENT INFORMATION

PAEDIATRIC DIABETES – Footcare



Foot Care

People who have diabetes are more susceptible to infections if their blood glucose levels are high regularly and for long periods.

It is advisable to check your feet every day for signs of infection or injury.

Bad circulation is a complication of diabetes in later years especially if a person with diabetes has had high blood glucose levels regularly and for long periods of time. Feeling may be lost in the feet leading to infection and possible injury which is not always noticed. Getting into good routines in checking your feet now, will help to avoid problems later.

By following this simple guide, looking after your feet will be easy:

- Use only a mild soap on your feet. No talc, deodorant, hard brushes or files.
- Make sure the water you wash your feet in, is not too hot.
- Dry your feet well, especially between your toes where wet skin may split.
- Cut your nails with nail clippers, never bite or pick them. Follow the shape of your toe and do not cut too short.
- Moisturise any dry skin on your feet with a gentle body or foot lotion, but not between the toes.
- Never walk barefoot in case you injure your feet.
- Wear comfortable, well fitted shoes.
- Allow your feet to breathe by wearing leather shoes and natural fibre socks.
- Have any infections or injury treated immediately by your GP or Podiatrist.

Common foot problems with children and young people

Verrucae

A verruca is simple a wart that is usually found on the soles of the feet or around the toes. They are caused by the human papilloma virus and it thrives in a warm moist environment. They usually disappear on their own after about 6 months, sometimes longer therefore treatment is not recommended unless there is a problem.

- Verrucae can be treated with a product containing salicylic acid from the pharmacist. However, because this could damage good skin **it is not recommended that young people with diabetes use this treatment or self treat.**
- Should you have a painful verruca, talk to your Diabetes team as you can be referred to a dermatologist if it is appropriate.

Athletes Foot

Athletes foot is a fungal infection. Skin on the feet can become itchy, cracked and peeling or with areas of dry flaky skin.

- The infection thrives in damp sweaty dark environments and especially likes damp shoes and trainers. It is also more common in adolescents who sweat more.
- Athletes foot can be treated by an antifungal preparation. Your pharmacist will be able to advise you regarding the appropriate over the counter choice.
- However it will also help to ensure you have shoes or trainers that are not too tight and that you try to rotate them so that they get chance to dry out before further use. Antifungal powder can also be sprinkled inside shoes.
- Make sure you wash your feet daily and dry them properly using your own towel to help prevent the spread to the rest of your family.
- Change your socks every day.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.