

## Prescription shoes

If you have been supplied with shoes, they will have been made to a prescription. You should follow the instructions your orthotist (the person who made your shoes) or podiatrist gives you. At first you should wear the shoes for short periods around your home, checking for any problems such as redness caused by rubbing or pressure. If this occurs, you should contact your podiatrist or orthotist immediately. Your prescription shoes should be the only shoes you wear.

Insoles may be prescribed with shoes. These are an important part of your footwear and you should only remove them if your podiatrist advises you to. It is important that you check the inside of your shoes every day to make sure no small objects have fallen in, and that no damage has occurred to the insole or lining.

If you notice any wear to the shoes, you should contact your orthotist or podiatrist. Whoever provided your shoes will carry out all repairs or alterations to make sure that they still match your prescription.

## Socks, stockings and tights

You should always change your socks, stockings or tights everyday. They should not have bulky seams and they should not have elasticated tops. Some high-street shops sell suitable products - ask your podiatrist for details. All your socks, stockings and tights should be the right size for your feet.

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**DL5**  
Footwear

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Scottish Diabetes Group - (Foot Action Group)

**If you discover any problems with your feet, contact your Podiatry Department or GP immediately. If they are not available, go to your nearest accident and emergency department. Remember, any delay in getting advice or treatment when you have a problem can lead to more serious problems.**

### Individual advice

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### Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

### PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email: [Pals@swft.nhs.uk](mailto:Pals@swft.nhs.uk) or by calling in person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital.

South Warwickshire **NHS**

NHS Foundation Trust

## Podiatry Department



**Advice about your Footwear.**  
**Diabetes information and advice leaflet.**

Name:

NHS No

**Podiatry Single Point of Access**  
**Telephone: 01926 600810**

Lines open 9am to 4pm Monday to Friday

**E-mail: [podiatryreferrals@swft.nhs.uk](mailto:podiatryreferrals@swft.nhs.uk)**

Diabetes is a lifelong condition, which can cause foot problems. Some of these problems can occur because the nerves and blood vessels supplying your feet are damaged. This can affect:

- ❖ the feeling in your feet (peripheral neuropathy); and
- ❖ the circulation in your feet (ischaemia)

These changes can be very gradual and you may not notice them. This is why it is important that every year you have your feet screened by a suitably-trained health professional or assessed by a podiatrist. You can then agree on a treatment plan to suit your needs.

This leaflet gives you advice about wearing the most appropriate shoes, taking into account the shape of your feet and your diabetes.

**Unsuitable shoes or shoes that do not fit properly are the most common cause of foot problems in people with diabetes.**

## **Footwear advice**

### **Check your feet every day**

Check your feet every time you remove your shoes. Also remember to remove your socks, stockings or tights and check for any redness or blisters.

### **Check your shoes**

Check the bottom of your shoes before putting them on to make sure that nothing sharp such as a pin, nail or glass has

pierced the outer sole. Also, run your hand inside each shoe to check that no small objects such as small stones have fallen in. This should be done everyday particularly if you have lost any feeling in your feet.

### **The shape of your feet**

Your feet can change shape over time. So, when you buy new shoes, always check their fit carefully.

## **Buying new shoes**

### **Get your feet measured**

If possible have your feet measured and your new shoes fitted properly.

### **Well-fitting shoes**

Make sure your shoes are long enough, deep enough, and wide enough for your feet. If your shoes are too tight they will press on your toes.

### **Always try on both shoes**

When buying new shoes, always try on both shoes. Most people's feet are slightly different sizes.

### **Buy your own shoes**

If possible you should go to the shoe shop yourself and not ask somebody else to buy your shoes for you.

### **Wear new shoes around the house**

Wear new shoes around the house for short periods (20 minutes) and then check your feet. Look for problems such as redness caused by rubbing or pressure. If this happens, you can usually return the shoes to the shop, but only if you have not worn them outside.

### **Advice on new shoes**

If you are not sure if your new shoes are suitable, ask your podiatrist for advice before you wear them.

## **Recommended footwear**

### **Types of shoes**

A well-fitting shoe, boot or trainer with laces or strap fastening will give your feet the best support. These fastenings will help to keep your foot firmly in place inside your footwear which will help prevent rubbing. Avoid slip-on shoes and slippers as they give less support.

### **Low heels**

Your heel should not be more than 3 centimetres (1¼ inches)

### **Natural materials**

Where possible the uppers (top) of your shoes should be made from natural material such as soft leather. Leather will fit to your foot without causing any rubbing and will help to prevent your feet from sweating.

### **Signs of wear and tear**

Check your shoes for signs of wear, such as rough edges in seams or linings, and worn soles or heels. Always check your shoes are in good condition and replace them whenever there are signs of wear and tear that cannot be repaired.