Remember:

- Ask family, friends or carers to help where necessary.
- Look after yourself and have regular check-ups for your feet.
- If you have any concerns, seek immediate specialist advice.

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				

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 maternitv. 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 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



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

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<u>Daily Care Guidelines for Good</u> Foot Care

Many people have poor circulation and/or are unable to feel their feet properly. Therefore it is easy to damage your feet without realising it. It is vital that extra care is taken on a daily basis to keep your feet as healthy as possible.



Wash your feet daily. Test the water first with your forearm or elbow to make sure that it is not too hot. Use a soft face cloth or cotton wool to clean in between the toes each time you wash.



Dry your feet carefully with a soft towel. Make sure you dry thoroughly and gently between the toes.



Use moisturising cream daily on dry skin. Avoid putting cream between the toes unless your Doctor or Podiatrist has advised you otherwise.



Do not use corn or hard skin treatments. Avoid using anything, which may dry or irritate the skin. Check the labels for warning. If your eyesight is poor ask a friend or family member for help.



Inspect your feet daily.
Check underneath your
feet with a mirror or ask a
friend or family member to
help. If your skin becomes
red, itchy or sore, or if hard
skin cracks or open wounds
appear, seek immediate

advice from your Doctor or Podiatrist.



Beware of temperatures, which are too hot or cold. Try to keep your feet warm when the weather is cold by wearing warmer socks or tights. Choose winter shoes with thicker soles and avoid standing on cold

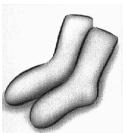
surfaces for too long. Do not sit too close to fires and heaters, or put your feet on hot sand, heat pads or hot water bottles, as they may burn your skin.



Nail care should be carried out carefully. File your nails following the shape of the toe, do not file down the sides and take care not to file them too short. If your vision or reach is

impaired ask a friend or family member to help. A foot file may help you reach your feet. (see picture) These are available to purchase from most chemists.

If you have been advised not to file your own nails, or have any difficulty please contact your Podiatrist.



Wear clean socks or tights daily. Choose pairs that are not too tight around your foot or ankle and have smooth seams, which will not rub your toes. Ensure that they are made of natural fibres.



When you buy new shoes try to have your feet measured. Choose soft, leather shoes free from bulky seams and with a rounded toe. Feel inside your shoes each day before wearing to check

the soles is smooth and no objects have fallen inside.

Do not walk barefoot, even in the house.