

Avoid high or low temperatures

Protect your feet from sunburn with a high-factor sun protection cream (factor 30 or above) or keep them covered. Do not use dark coloured materials to protect your feet as they absorb heat and you could burn your feet.

If you discover any problems with your feet, contact your podiatry clinic or GP for advice immediately.

Happy feet will help you to enjoy your holiday

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 or by calling in person to the PALS Office which is located in the Lakin Road Entrance of Warwick Hospital.

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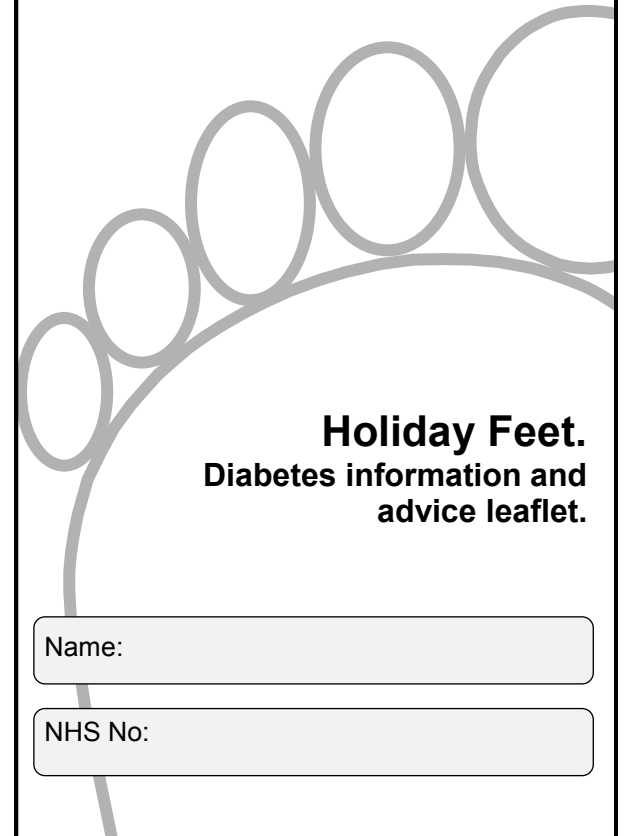
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Holiday Feet

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South Warwickshire **NHS**
NHS Foundation Trust

Podiatry Department



Holiday Feet.
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

Holiday feet

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 very important that you check your feet regularly, especially when on holiday as you may be more active than usual.

Keeping good control of your diabetes, cholesterol, and blood pressure will help to reduce the risk of developing problems with your feet.

This leaflet contains advice to help you to care for your feet yourself while enjoying your holiday.



Advice on keeping your feet healthy

On the journey

Long journeys can make your feet swell. Try to walk about every half hour if possible - even a short distance will help. This will keep the circulation moving and keep swelling down. Remember your feet may swell in heat, so make sure your shoes are not too tight and if possible have an adjustable strap or lace.

Check your feet every day

You should check your feet at least once a day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness, just as you would at home.

Wash your feet every day

Wash your feet every day in warm water and mild soap. Rinse them thoroughly and dry them carefully, especially between the toes.

Moisturise your feet every day

If your skin is dry apply a moisturising cream every day, avoiding the areas between your toes. You may need to apply extra moisturising cream if your skin gets very dry in hot or cold weather.

Toenails

Carry on cutting or filing your toenails as your podiatrist has advised you to.

Avoid walking barefoot

If you have moderate or high risk feet, you should discuss with your Podiatrist your individual foot needs, before going on holiday.

For those with low risk feet always wear footwear, even on the beach. The sand can become very warm and you may burn your feet without realising. If you go into the sea, wear some sort of footwear such as plastic shoes to protect your feet. Your podiatrist may be able to check the fit.

Avoid wearing 'flip-flop' type footwear as they may cause blisters between your toes.



Prescription shoes

If you have been supplied with shoes **do not** wear any other shoes during your holiday (except when you are in the sea).

Minor cuts and blisters

Take a small first-aid kit containing sterile gauze dressings and Micropore tape. If you get a small blister, cut or graze, use diluted antiseptic on a gauze swab to clean the wound and tape on a dry sterile gauze dressing. Do not use cotton wool.

Holiday Insurance

Make sure you have purchased adequate insurance to cover your foot and healthcare needs.