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Foot Care in Diabetes



To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Metabolism specialists
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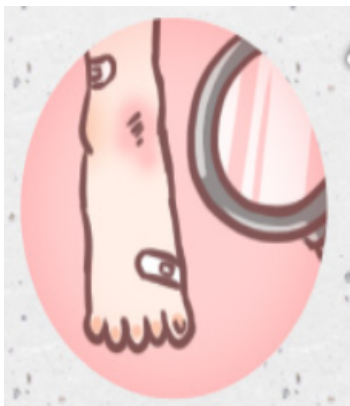
Why do Diabetic patients need foot care?

Patients with diabetes are susceptible to neurovascular changes due to prolonged hyperglycaemia, which reduces the sensation of temperature and pain. When an injury is not easily detected, coupled with poor blood circulation, the wound does not heal easily, resulting in inflammation, ulceration or even necrosis, which eventually necessitates amputation. Therefore, the prevention of diabetic foot disease is of paramount importance.



How to protect your feet?

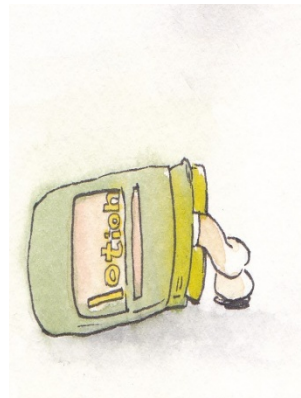
♥ Check them every day for sores and cuts in bright area by your eyes, and if you are unable to see them clearly, ask your family to help.



♥ Wash your feet with soap gently every day. Test water temperature with wrist in advance. Dry them carefully, especially between the toes.



♥ Rub a thin coat of skin lotion or baby oil to prevent dry skin.



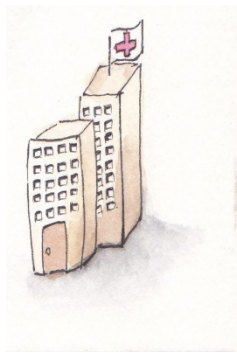
♥ Wear soft, flat shoes fitting well, check your shoes for foreign objects before putting them on.



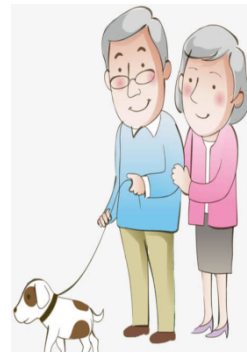
♥ Trim your toenails straight across with an emery board or nail file.



♥ Regular follow up with your doctor periodically.



♥ Proper activity to improve blood circulation on your feet, such as walking.



What should I look out for?

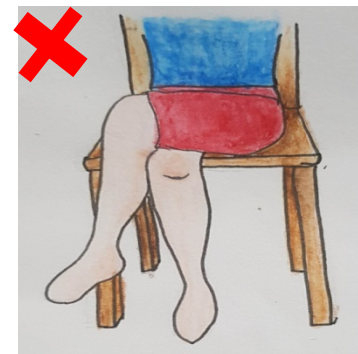
✗ Don't let your feet immerse in hot water, or use hot water bag, or even get close to electric blanket and heater.

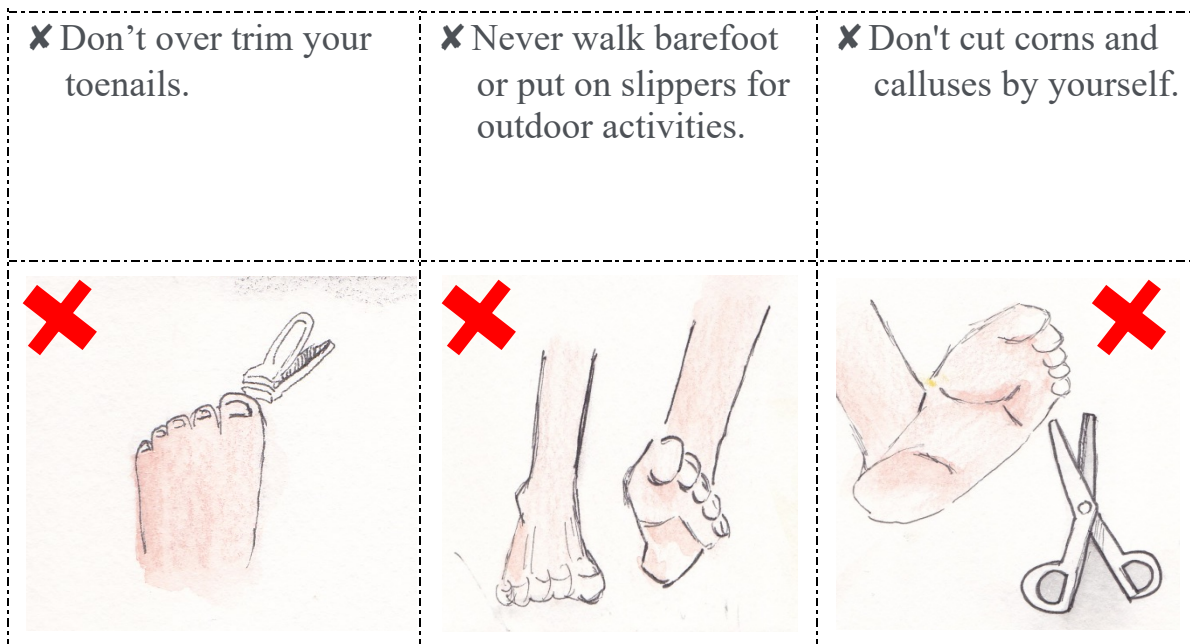


✗ Don't kick objects.



✗ Don't cross your legs.





✗ Don't smoke.

✗ See a doctor right away if you get any wound. Don't use medicine by yourself.

✗ Don't wear trousers and socks that are too tight. Socks that have no seams are the best.



Conclusion

To prevent diabetic foot ulcers, proper daily foot examination and care is essential, such as: observing the toes and soles of the feet for dry cracks, swelling, blisters and wounds; washing the feet with warm water and drying them with a soft towel and applying appropriate lotion or baby oil; trimming the toenails regularly and wearing soft, well-fitting shoes. If you have any trauma or other symptoms, you should seek immediate medical attention to prevent the wound from deteriorating and leading to amputation. Prevention of diabetic foot requires the concerted efforts of healthcare professionals, patients and family

members.



References

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Let us take the quiz to make sure you understand

1. For individuals with dry skin, it is advisable to apply a small amount of moisturizer, such as baby oil or lotion, every day to prevent dryness and cracking.

Yes No Don't know

2. Patients with diabetes may experience a decreased sensitivity to temperature, and it is not recommended to use hot water bottles, electric blankets, or sit close to heaters for warmth.

Yes No Don't know

3. Diabetic individuals can soak their feet in warm water daily to promote blood circulation in the feet.

Yes No Don't know

4. Corns on the feet should not be trimmed by oneself; evaluation and treatment should be carried out by a professional physician.

Yes No Don't know

5. Diabetic individuals with persistent non-healing wounds should seek medical attention promptly, avoiding self-application of ointments.

Yes No Don't know

