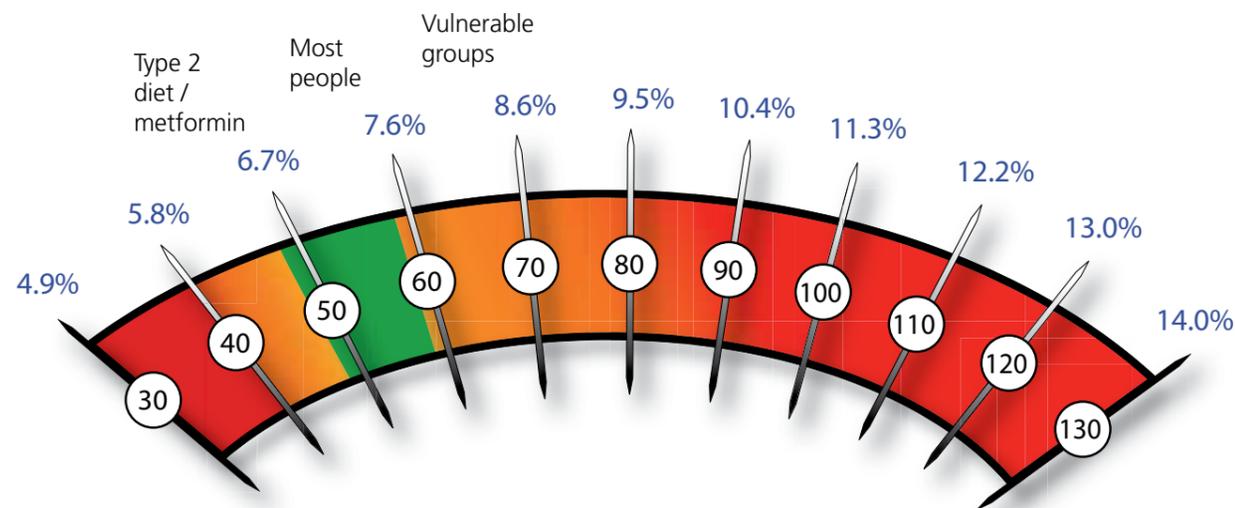


**Good diabetes control for:**



HbA1c is a measure of diabetes control. Since 2011 it's recorded as an actual number rather than a percentage (%). For example a value of 60 mmol/L is equivalent to 7.6%.

Reproduced with permission from Sheffield Teaching Hospitals NHS Trust.

Your recent results are:

	Latest	Date	Previous	Date	Further Information
<b>HbA1c</b>					Ideal to be between 53 to 58
<b>Blood Pressure</b>					Ideal if between 120/70 to 130/80
<b>Cholesterol</b>					Ideal if less than 4
<b>Eye screening</b>					Needs to be done at least once a year
<b>Urinary ACR (protein in urine)</b>					Best if negative
<b>Kidney Stage</b>					Ask your GP/Nurse
<b>Weight (kg)</b>					
<b>Body Mass Index (BMI)</b>					Good to aim between 18.5 to 24.9

Your next diabetes assessment will be due:

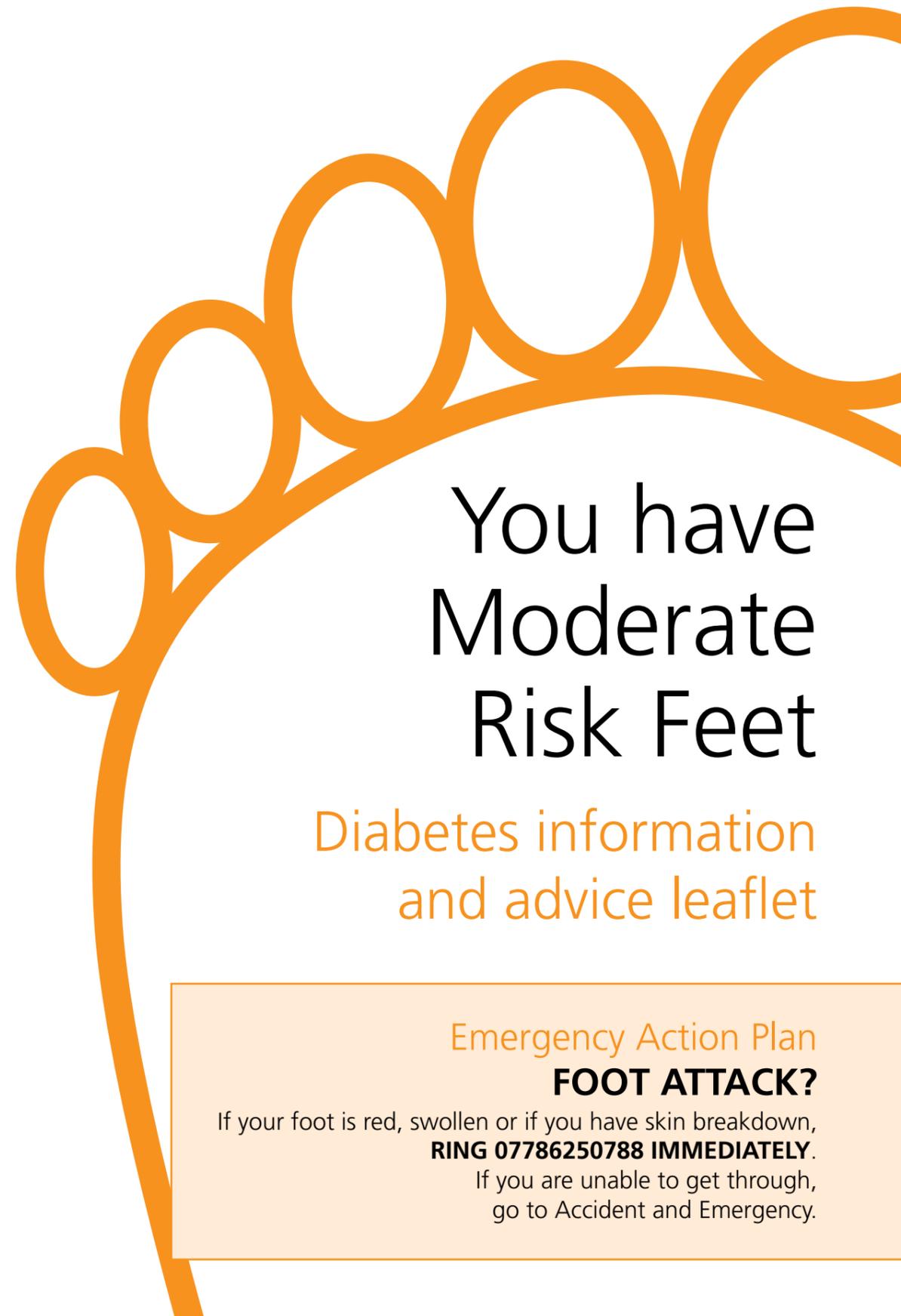
Month:  Year:

Your next actions are:

.....

.....

.....



You have Moderate Risk Feet

Diabetes information and advice leaflet

Emergency Action Plan **FOOT ATTACK?**

If your foot is red, swollen or if you have skin breakdown, **RING 07786250788 IMMEDIATELY.** If you are unable to get through, go to Accident and Emergency.

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 essential you receive a foot screening and assessment every year. You can then agree a treatment plan to suit your needs.

Your screening and assessment have shown that there is a **moderate risk** that you will develop foot ulcers. Your healthcare professional will tick which of the following risks you have.

- |   |  |
|---|--|
| <input type="checkbox"/> You have altered feeling in your feet. | <input type="checkbox"/> The circulation in your feet is reduced.  |
| <input type="checkbox"/> You have hard skin on your feet.       | <input type="checkbox"/> The shape of your foot has changed.       |
| <input type="checkbox"/> Your vision is impaired.               | <input type="checkbox"/> You cannot look after your feet yourself. |

Controlling your diabetes, cholesterol and blood pressure and having your feet assessed every year by a podiatrist will help to reduce the risk of developing more problems with your feet.

As your feet are at **moderate risk** of developing ulcers, you will need to take extra care of them. You may need treatment by a podiatrist or podiatry technician.

If you follow the advice and information in this leaflet, it will help you to take care of your feet between visits to your podiatrist. Hopefully it will help to reduce the problems in the future.

**If you smoke you are strongly advised to stop. Smoking affects your circulation and could lead to amputation.** If you wish to stop, Contact One You Leeds, ring 0800 169 4219. Check their website <http://oneyouleeds.co.uk/be-smoke-free/>

**Diabetic Retinal Screening is essential.** If you have missed it this year then you can contact them either by **email** [WAKCCG.retinalscreening@nhs.net](mailto:WAKCCG.retinalscreening@nhs.net) or by **telephone** 01924 541217.

Having your **annual flu jab** is essential. Ask your doctor, nurses or pharmacist for further details.

## Useful contacts

### Leeds Foot Protection Service

Phone: 0113 843 4541

Email: [leedsfoot.protectionservice@nhs.net](mailto:leedsfoot.protectionservice@nhs.net)  
(Allows self referral for non urgent problems).

### St James University Hospital Diabetes Department

Phone: 0113 206 5066 (St James University Hospital)

### Society of Chiropodist and Podiatrists

Phone: 020 7234 8620

Web: [www.feetforlife.org](http://www.feetforlife.org)

(Can provide free list of private registered podiatrist close to your place).

Do you want to increase your skills, knowledge and confidence in managing diabetes?

### For Type 2 Diabetes (LEEDS Course)

Phone: 0113 843 4200

Email: [longtermcondition@nhs.net](mailto:longtermcondition@nhs.net)

### For Type 1 Diabetes (DAFNE Course)

Phone: 0113 206 5068

Web: [www.dafne.uk.com](http://www.dafne.uk.com)

## Advice on keeping your feet healthy

### Check your feet every day

You should check your feet every day for any blisters, breaks in the skin, pain or any signs of infection such as swelling, heat or redness.

If you cannot do this yourself, ask your partner or carer to help you.

### Wash your feet every day

You should test the temperature of the water with your elbow, or ask someone else to test the temperature for you. You should wash your feet every day in warm water and with a mild soap. Rinse your feet thoroughly and dry them carefully, especially between the toes. Do not soak your feet as this may damage your skin. Do not use heat pads directly on skin.

### Moisturise your feet every day

If your skin is dry, apply a moisturising cream every day, avoiding the areas between your toes.

### Toenails

Cut or file your toenails regularly, following the curve of the end of your toe. Use a nail file to make sure that there are no sharp edges, which could press into the next toe. Do not cut down the sides of your nails as you may create a 'spike' of nail which could result in an ingrown toenail.

### Socks, stocking and tights

You should change your socks, stockings or tights every day. They should not have bulky seams and the tops should not be elasticated.

### Avoid walking barefoot

If you walk barefoot you risk injuring your feet by stubbing your toes and standing on sharp objects which can damage the skin.

### Check your shoes

Check the bottom of the 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.

### Badly-fitting shoes

Badly-fitting shoes are a big cause of irritation or damage to feet. The podiatrist who assessed your feet may give you advice about the shoes you are wearing and advise you on buying new shoes. They may suggest that you are measured for special shoes which you can get on prescription.

### Minor cuts and blisters

If you check your feet and discover any breaks in the skin, minor cuts or blisters, you should cover them with a sterile dressing and check them every day. Do **not** burst blisters. If the problems do not heal within a few days, or if you notice any signs of infection (swelling, heat, redness or pain), contact The Leeds Foot Protection Service (contact number over the page) or your GP immediately. If these people are not available and there is no sign of healing after one day, go to your local accident and emergency department.

### Hard skin and corns

Do not attempt to remove hard skin or corns yourself. Your podiatrist will provide treatment and advice where necessary.

### Over-the-counter corn remedies

Never use over-the-counter corn remedies. They are not recommended for anyone with diabetes as they can damage the skin and create ulcers.

### Avoid high or low temperatures

If your feet are cold, wear socks. Never sit with your feet in front of the fire to warm them up. Always remove hot water bottles or heating pads from your bed before getting in.

**If you discover any problems with your feet,  
contact the Foot Protection Service**