

To prevent foot disease, your feet should be examined at least annually by your health professional. We recommend you complete this passport at all of your foot examinations



Please make an appointment to see your health professional if you notice a sore that does not heal, redness or an infection, a lack of feeling or pain in your feet

1. **Date of foot examination:** \_\_\_\_\_
2. **Name of Health Professional:** \_\_\_\_\_
3. **What is my risk of foot disease?**  Low  Moderate/Increased  High
4. **Do I need to see a diabetic foot team?**  Yes  No
5. **What can I do to help me avoid foot disease?**

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# Passport

to foot disease prevention



## Foot disease is preventable

Diabetic foot disease is a major cause of hospitalisation and amputation. Foot disease includes poor circulation, poor sensation, ulcers and infections. Foot disease is preventable with the right foot care. The best 4 things you can do are:

1. See your health professional for an annual foot risk examination
2. Ask your health professional about your risk of foot disease
3. Ask your health professional if you need to see a diabetic foot team
4. Check your feet daily and if you notice damage see your health professional

Preventing foot disease is a joint effort between your health professionals and you.

This passport helps you:

- Talk to your health professionals to get the right foot care for your feet
- Provide your feet with the right care

Use this passport to start your journey to good foot health.

For more on diabetic foot disease go to: [www.diabeticfootaustralia.org](http://www.diabeticfootaustralia.org)

# Daily Foot Care Checklist



## CHECK

Convenient times are before your shower or before bed

### Look for damage

- Damage includes ulcers, sores, cuts, redness, bruises, new calluses or other signs of damage
- If you have trouble getting down to see your feet it might be useful to use a mirror or ask a carer

### Feel your feet

- Take note of changes in feeling in your feet
- This includes numbness, tingling or loss of feeling to touch

### Check foot temperature

- Be aware of any hot or cold changes in the temperature of your feet



## WASH

Keeping your feet clean will help reduce infection risk

### Clean daily

- Use soap/body wash and warm (not hot) water, including between toes

### Dry your feet

- Dry your feet well, including between toes

### Ask for help

- If you have difficulty reaching your feet, discuss options with your health professional



## CARE

Care for your feet and your general health and wellbeing

### Manage your diabetes

- Monitor your blood sugar levels,
- Take your prescribed medications
- Eat a healthy diabetes-friendly diet
- Talk to your health professional about an exercise program that suits you

### Maintain toenails

- Cut toenails straight across
- Check long or ingrown toenails for ulcers or infections
- If required, seek assistance from a carer or health professional

### Moisturise feet

- Put moisturiser all over your feet to keep your skin supple
- But, don't put moisturiser between toes or on broken skin, as this may lead to infection

### Wear good shoes

- Protect your feet with well-fitting footwear, both indoors and outdoors
- Shoes that stretch to fit your feet are too tight and can cause ulcers
- Wear clean socks to protect skin from rubbing. Avoid seams if possible
- Check your feet for signs of damage when removing footwear
- Ask your health professional if you need custom-fitted shoes or insoles

### Avoid heat or cold

- The nerves in your feet may be less efficient at communicating temperature and pain messages
- Avoid exposure to hot pavements, sunburn, heaters, hot or very cold water, or exposure to the cold

### Check for corns or calluses

- These are signs that your feet are getting too much pressure
- In people who have limited feeling, corns and calluses are a warning sign of ulcers coming, if you don't see your health professional soon
- Don't use over-the-counter corn or callus removal methods as these can cause wounds



Be aware that you may not feel pain from injuries due to loss of sensation in your feet. These injuries still need attention even if they are not currently causing you pain.

Note that this document is a guide only and is not intended as a substitute for advice from your health professional.