

How to look after your feet

People with diabetes should take special care of their feet as follows:

1. Wash your feet daily

The first step to keeping your feet healthy is to wash daily in soapy water and dry thoroughly.

2. Keep your feet soft

Using moisturiser and filing corns and callouses will help to keep skin smooth and crack free.

3. Cut your toenails properly

Trim your toenails straight across. Avoid trimming too closely to the skin or rounding the corners of the nails, which can cause ingrowing toenails.

4. Chose well-fitting shoes

Shop for shoes in the afternoon. Your feet swell as the day goes on, so if shoes fit in the afternoon then you can be assured they will always be comfortable.

5. Check your feet at least weekly

Inspect your feet for any changes or problems.

If you have diabetes, you should seek help from a GP if any foot condition does not heal promptly.



Where to get further help

The NHS website is an excellent source of information for newly diagnosed diabetics, including:

- ◇ How and when to check your blood glucose levels
- ◇ Blood glucose: the numbers
- ◇ How to administer insulin
- ◇ Recognising and treating hypoglycaemia
- ◇ Checking you are safe to drive
- ◇ Online courses to help you understand diabetes

NHS Website: <https://www.nhs.uk>

New NHS Online Resource:

www.mytype1diabetes.nhs.uk

Other Useful links:

www.diabetes.co.uk

www.diabetes.org.uk

Kennet & Avon MEDICAL PARTNERSHIP



Newly diagnosed with diabetes?

What happens next?



Your First Appointment

As a newly diagnosed diabetic we are sure you have a number of questions and may be wondering what happens next and what to expect from your GP practice.

Once you have spoken to your doctor, you will be invited for a 40-minute face to face appointment with one of the diabetes nurses based here at the surgery.

At this appointment we will explain your new diagnosis and what that will mean for you. Please write down any questions you would like to ask, and we can go through them with you.

We will discuss management going forward and undertake some baseline tests like checking your weight and blood pressure as well as checking your feet.

Your follow-up care

After your first appointment, you will be invited to KAMP for routine follow-up appointments which can range from 3 monthly to annual checks, depending on individual patient needs.

The diabetes team is always on hand, **you can book appointments in between these scheduled follow ups to discuss any problems or concerns.**

Please telephone the main surgery phonenumber on 01672 569990 or ask the Patient Navigators to book an appointment for you.

We look forward to working with you.



Meet the Diabetes Nursing Team

Liesha Fort
Registered Nurse

Georgie Morse
Registered Nurse

Claire Handstock
Lead HCA

Sally Greenaway
HCA

Nicola Cook
HCA