

*The perforated panel serves as an authorization allowing the Wound Center to call recipient.

The following articles were used for references:

Patillo, Marilyn M. PhD, RN, CS, NP. "Therapeutic and Healing Foot Care: A Healthy Feet Clinic for Older Adults." December 2004. pp 25-32.

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Neder, Shiela RN, MSN, MPH and Pamela Nadash. "Individualized Education Can Improve Foot Care for Patients With Diabetes." Research Briefs. Pp 837-840.

Sun, Pi-Chang MD, Shyh-Hua Eric Jao PhD, Hong-Da Lin MD, Rai-Chi Chan MD, Shen-Liang Chou MD and Shun-Hwa Wei PhD. "Improving Preventive Foot Care for Diabetic Patients Participating in Group Education." Journal of the American Podiatric Medical Association. Vol 99-No4. July/August 2009. pp 295-300.

Bennett, MS, MBA, RN. "Foot Care". Prevention of Problems for Optimal Health. Pp327-329.

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Healthy feet are happy feet!

Foot Facts:

The average person takes approximately 10,000 steps per day. Each step can place two to three times the force of the body's weight on the feet.

The alterations of aging can lead to changes in the structure and function of the foot which can effect one's ambulation and the health of one's feet.

**Hyperbaric Medicine &
Wound Healing Center**
1761 Beall Avenue, Annex
Wooster, OH 44691
330.263.8750
www.woosterhospital.org



Wooster Community Hospital



Why is foot care so important? The facts on **FOOT CARE**

Factors and medical conditions can increase the risk of damage to the feet.

Objectively assess for risk factors:

- Diabetes (especially if blood sugars are not maintained at a normal level/ HgA1C)
- Get your ABC's checked, A1C, Blood Pressure, and Cholesterol
- Peripheral arterial disease or peripheral vascular disease
- Heart Disease
- Stroke
- Rheumatoid Arthritis
- Swelling of the feet
- Loss of sensation
- Kidney disease
- Use of nicotine
- Excessive use of alcohol
- Pain in feet at night or at rest when foot is elevated
- Age 40+



Observe for clinical signs of risk or abnormalities:

- Loss of sensation or numbness
- Ingrown toenails, thickened toenails or discoloration
- Curling of the toes ("Claw Foot")
- Change in the shape of your feet
- Change in fit or wear of shoes

Treatment plan to include the patient, family members, physicians and other members of the medical team:

- Wash feet daily, dry between the toes, use moisturizer (not between toes), avoid powder use
- Insure you wear properly fitted shoes with support that will protect your toes
- DO NOT go barefoot
- Wear absorbent socks, change as needed during the day
- DO NOT wear socks that have holes in them
- Regularly inspect the skin of the feet (top and bottom)

- Ask family for help, or use a mirror to visualize the bottom of feet
- Remove your shoes and socks at every doctor appointment
- Avoid heating pads, and soaking your feet
- Seek medical care at the first sign of any blister or change in appearance of your feet
- DO NOT shave calluses or allow anyone other than a physician do so
- Seek the services of medical specialist for nail care and specialty footwear
- Be active, and inform your physician of your activity
- Seek and keep follow-up appointments related to your health conditions

Consult regularly with your physician and health care team regarding the care of your feet.

Alert your physician of any skin changes, your overall comfort level, the ability to ambulate or if any suspicion of injury to your feet.

Reach out to your family and allow them to assist you with the inspection and care of your feet.

Expect to minimize the risk for amputation and serious complications if you consistently monitor and insure the care of your feet.

****Please tear at perforation and give to health educator.**

Authorization to contact me:

[] Yes, I elect to have a representative of the Wound Healing Center contact me to set up an appointment.

Signature

Date

Printed Name

[] I acknowledge that the Wound Healing Center's representative has provided me with a copy of the hospital's Notice of Privacy Practices.

Signature

Date

Printed Name