



Together, we can prevent diabetes foot complications



Useful Resources

1. Wounds Canada (www.woundscanada.ca)
2. Diabetes Canada (www.diabetes.ca)

We welcome your feedback and suggestions.

Thank You!

PATIENT GUIDE

DIABETES FOOT CARE SERVICES IN

*Mississauga
Oakville
Milton
Georgetown*



Phone: (905) 338-4802

PATIENT VALUES

Halton Healthcare is committed to providing exemplary patient experiences. Our patients and families have developed statements to guide the care they receive in our hospitals.

As a patient or family member I will:

Have patience and understanding.
Ask questions when I don't understand.
Give constructive feedback on how to improve my care.
Recognize that hospital staff are people with families too, and should be treated with respect and dignity.

As a patient I expect:

COMPASSION

Be sensitive to my values, beliefs, and cultural practices.
Be patient with me and my family.
Show me empathy and kindness.
Listen and respond to my fears and concerns.

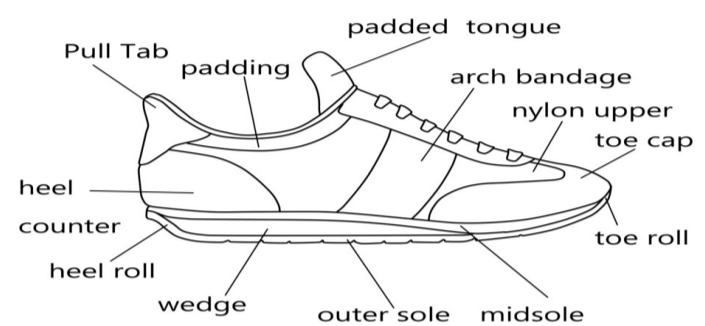
ACCOUNTABILITY

Provide me with a means of expressing my opinion, positive or negative, about my health care experience.
Provide me timely care reflective of best practices and standards.
Honour your commitment to honesty and transparency.

RESPECT

Preserve my dignity and honour my privacy.
Involve and educate me so that I may make informed decisions.
Include me and those most important to me in my health care plan.

shoe anatomy



FOOTWEAR SHOPPING TIPS/ADVICE

- Shop for shoes in the afternoon/evening when your feet have already swollen
- Look for a wide and deep toe box
- Extra cushioning and shock absorption
- Get professionally measured for correct shoe size!
- Once purchased and worn, check for any visible redness or irritation on your feet and toes
- Always check inside your shoes for any foreign objects before putting them on

Many foot problems are directly related to inappropriate footwear!

Your feet are an important part of your overall health and well-being! Take care of them!

Do's and Don'ts

1) **DO** check your feet daily (top, bottom, back of heel and between the toes). Use a mirror to see the bottom of your feet or ask a loved one to check for you.

2) **DO** wash your feet daily. Thoroughly dry them well, especially in between the toes. **DO NOT** use a hairdryer!



3) **DO** moisturize your feet daily. Apply a pea-sized amount of cream to each foot. **DO NOT** apply in between the toes!



4) **DO** keep your feet protected. Wear proper-fitting indoor and outdoor footwear. **DO NOT** walk barefoot unnecessarily!

5) **DO** wear white or light-coloured socks with a non-binding cuff. Change your socks daily for a fresh, clean pair.



Dear Patient!

This guide has been designed to provide you with important information about your care.

OUR GOAL

- To improve access and remove barriers to foot care services for high risk patients living with diabetes
- To prevent diabetes foot complications
- To provide the education needed for individuals to care for and maintain healthy feet

OUR SERVICES

- Routine basic and complex nail care
- Corn and callus reduction
- Ongoing diabetic foot assessments
- Foot care and self-management education
- Footwear education



Please note we provide free foot care—we do not sell any products such as creams, socks, compression, shoes or orthotics.

Healthy Feet Workshop (2.5 hours)

Free group educational sessions to help you:

- Understand the impact of diabetes on your feet
- Discuss factors that lead to foot complications
- Learn how to prevent diabetes foot complications

ADD Pathway

OUR TEAM

Foot Care Nurse (RPN) – A nurse with foot care

training who can provide basic routine nail and foot care, minor corn and callus reduction, and diabetes foot care education.

Chiropodist (DCh) – A foot and ankle specialist trained in the diagnosis and treatment of foot disorders. Able to provide complex routine nail and foot care, deep corn and callus reduction, specific footwear advice, orthotic advice, basic wound care, and diabetes foot care education.

Check your socks!

- Do the seams of your socks dig into your toes?
- Are your socks discoloured from potential pus or blood?
- Are there any foreign objects inside your socks? (eg. Stones/pebbles, popcorn seeds, paperclip, pine needles, dog/cat hair etc.)
- Is the band/cuff of the socks too tight?
- Socks should either be at the ankle or just below the knee—NEVER half-way up the calf!
- Always wear socks with closed-toe footwear

WASH AND CHANGE YOUR SOCKS DAILY!



YOUR DAILY DIABETIC FOOT EXAM & SELF-CARE

What are you looking for?

- Redness, bruises, or discolouration
- Swelling, socks leaving a mark on your leg
- Open sores that may be weeping or draining
- Blisters
- Cuts, cracks, or fissures
- Peeling, wet skin
- Major temperature and/or colour changes
- Long, thick, cracked or crumbling toenails
- Corns or calluses
- Dry skin
- Check between your toes!



PROGRAM DISCHARGE

You may be discharged from the Diabetes Foot Care Program for one or more of the following reasons:

- 1) 3 consecutive no attendance and/or same-day cancellations of appointments
- 2) Has not attended program in the past 12 months
- 3) 3 consecutive late arrivals to appointments
- 4) Patient does not or no longer meets program eligibility criteria
- 5) Patient exhibits abusive and/or disrespectful behavior towards staff and other patients
- 6) Patient is able to self-manage foot care without concerns
- 7) Patient requires care outside the scope of the Diabetes Foot Care Program (eg. Specialized wound care)

Late Arrival Policy

If you are 10+ minutes late for your scheduled appointment time, you may be asked to reschedule out of fairness to other patients and the clinician.