

Diabetic Foot Care

Diabetes is the leading cause of non-traumatic lower extremity amputations in the developed world, and approximately 14 to 24% of patients with diabetes who develop a foot ulcer have an amputation. Research, however, has shown that the development of a foot ulcer may be preventable if you follow the simple lifestyle advice and visit your physician/podiatrist regularly. There are many things you can do to keep your feet healthy.

1. **Take care of your diabetes.** Keep your blood glucose in your target range.
2. **Check your feet and toes every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
3. **Be more active or exercise.** Plan your physical activity program to keep weight down and improve circulation, walking is the best one for the feet.
4. **Wash your feet every day.** Using mild soap and lukewarm water, wash your feet in the mornings or before bed each evening. Dry them carefully, especially between the toes.
5. **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
6. **If you can see and reach your toenails, trim them when needed.** Trim your toenails straight across and file the edges with an emery board or nail file.
7. **Wear shoes and socks at all times. Never walk barefoot.** Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
8. **Protect your feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
9. **Keep the blood flowing to your feet.** Put your feet up when sitting. Don't cross your legs for long periods of time.
10. **Stop smoking.** Tobacco can contribute to circulatory problems, which can be especially troublesome in patients with diabetes.
11. **Don't wear high heels, sandals, and shoes with pointed toes.** These types of footwear can put undue pressure on parts of the foot and contribute to bone and joint disorders, as well as diabetic ulcers.
12. **Don't drink in excess.** Alcohol can contribute to neuropathy (nerve damage) which is one of the consequences of diabetes. Drinking can speed up the damage associated with the disease, deaden more nerves, and increase the ulcer formation.
13. **Don't wear anything that is too tight around the legs.** This can constrict circulation to your legs and feet.

Reference:

Smeltzer. S. and Bare. B, Textbook of Medical—Surgical Nursing, Eleventh Edition, Lippincott, 2008

للحصول على موضوع العيادة الالكترونية باللغة العربية الرجاء مراجعة عيادة الجامعة