

“Mino
gizhigaabandan
ga zidan apane”



“Look after your feet
well, always”

“Literature suggests that
individuals who are
aware and practice risk
reducing self-care may
be less likely to
experience negative
outcomes even in the
presence of other risk
factors.” (ADA 1999, 1998,

Masoneteal et. al 1999a, NHS Centre
for Reviews & Dissemination 1999,
NZGG2000, Registered Nurses
Association of Ontario-Nursing Best
Practice Guideline-Reducing Foot
Complications for People with
Diabetes)

Home &
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Home &
Community Care
Program

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FOOT CARE

Foot Notes

Things you can do:

- If you have diabetes, obtain a YEARLY Monofilament Test
- Perform a daily foot inspection... ask someone to help you if you cannot see your feet...
- Consult your doctor, chiropodist &/or certified advanced foot care nurse promptly if you have any of the following:
 - ...open sores
 - ...reddened areas
 - ...thickened nails
 - ...fungal infections
 - ...loss of sensation
 - ...burning

Why is Foot Care Important?

“Regardless of the diabetes type, over time FAILURE TO ACHIEVE OPTIMAL GLYCEMIC CONTROL, can cause damage to the body’s small & large blood vessels and nerves. This damage can affect the functioning of many body organs and interfere with wound healing.” (Institute for Clinical Evaluative Sciences, 2003)



What is foot care?

- Foot care is NOT nail care ... although, nail care can be part of foot care...
- Early detection of foot problems
- Prompt treatment of foot problems
- Risk prevention
- Injury prevention
- Safe Care of the feet
- Seeking qualified assistance with skin & nail care when needed
- Recognizing when to seek help or a specialized referral
- Consistent control of blood sugars

Foot Care Assistance

For more information & assistance contact your:

- Doctor
- Chiropodist
- Diabetes Educator
- Advanced Foot Care Nurses

“Physical evaluation of feet to assess risk factors should be performed by a Health Professional annually for all people with diabetes over 15 years of age and at more frequent intervals for those at higher risk.” (Registered Nurses Association of Ontario, 2004)

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