

Controlling your diabetes, cholesterol and blood pressure, quitting smoking, increasing cardiovascular exercise and controlling weight helps to reduce the risk of these life- and limb threatening problems.

Blood Glucose. Having the right blood glucose control will help keep you healthier, feel better and stop diabetes causing damage to your body.

Stop smoking.—this could be one of the best things you can do to protect your blood vessels. There is help available to help you quit: please ask the nurse looking after you for information on how to stop smoking.

Exercise. is one of the best ways to protect your blood vessels. Exercise is also really good for our mental health and well-being.

If you notice foot problems such as:

- Red hot swollen foot.
- Breaks or splits in the skin.
- Problems with blisters, corns or callus.
- Skin colour changes or bruising.

Please tell a member of the dialysis team to contact the foot clinic immediately.

Further Advice - PALS Patient Advice and Liaison Service.

We act on your behalf when handling patient and family concerns, liaising with staff, managers and where appropriate, relevant organisations to negotiate immediate or prompt solutions. We can also help you get support from other local or national agencies.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111 A fast and easy way to get the right help, whatever the time. NHS 111 is available twenty four hours a day, three hundred and sixty-five days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

Patient UK Provides leaflets on health and disease translated into eleven other languages as well as links to national support/self help groups and a directory of UK health websites.

Website: www.patient.info

Self Help & Support Groups.

A selection of websites providing access to good quality patient and consumer health information, covering specific age groups and conditions.

Also includes Shropshire Community Directory which contains up-to-date information on community groups, clubs, societies, organisations, support groups and self-help groups covering Shropshire and its borders. Website: www.library.sath.nhs.uk/find/patients/

Information Produced by: Diabetes foot team
Last updated: November 2020
Due for review: November 2022

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**The Shrewsbury and
Telford Hospital**
NHS Trust

Patient Information.

Diabetes foot information for patients on dialysis.



Diabetes foot clinic Hummingbird Centre

Tel: 01743 261000 Ext 3055

Email: sath.dfc@nhs.net



Dialysis can lead to foot problems .

Being on dialysis and having diabetes increases your chance of developing foot complications.

The reasons for this are -

- You may have poor circulation (Peripheral arterial disease). Both diabetes and renal disease can affect both the large and small blood vessels.
- You are likely to have some nerve damage (Peripheral Neuropathy). This can affect: the feeling in your feet. You may not be able to feel if your foot is injured.
- You may have noticed that your feet have changed shape and become more swollen (Oedematous). You may have noticed that your toes are a little more clawed than they used to be and you may have developed some hard skin or callus.
- You may have dry or itchy skin.
- Having dialysis means you are asked to sit for long periods of time. This puts the heels at risk of developing pressure or blisters

High risk feet.

Because your feet are high risk it is important that you check your feet daily. You will also need to see an NHS podiatrists who will assess your circulation and nerves, provide podiatry treatment and issue a treatment plan to help you care for your feet.

The podiatrist will try where possible to see you when you are having your dialysis. However if you attend dialysis in the evening, this may not be possible and we would very much encourage your to attend a community appointment regularly.

Check your feet daily. You should check your feet at least once a day for any blisters, breaks or cuts in the skin, any changes in colour, such as redness or bruising and signs of infection such as swelling, heat , redness or leaking of fluid. Pay particular attention to the ends of your toes and the heels and don't forget to check in between the toes.

If you are unable to inspect your feet yourself, ask a carer or family member to do this for you. Using a mirror may help you check the bottom of your feet.

Wash your feet every day with a mild soap and warm water. Rinse thoroughly and dry carefully, especially in between the toes.

Apply moisturiser to the tops, soles and the heels of your feet daily to keep your feet in good condition.

If you have **itchy skin** , do not scratch it. Itching can cause small scratches which bacteria can get into and this can lead to infection and ulceration.

If your feet are swollen you need to choose **socks and shoes** carefully. Socks should **not** be tight and should ideally be seamless. Shoes should fit both the length and width of your feet and ideally should be adjustable.

During dialysis be cautious that the bed ends do not damage the ends of your toes. Ensure that the bed end is away from your feet.

Avoid foot injury where possible and avoid walking barefoot.

Specialist footwear and devices

If you are issued with orthopaedic footwear or insoles they may take a little bit of time to get used to. These are designed to protect your feet from developing problems.

Foot ulcers are breaks in the skin that struggle to heal. The development of foot ulcers in people with diabetes is serious as they are linked to an increased risk of heart attacks, strokes and foot amputation.