

If you have a foot problem while on holiday

Seek medical attention straight away if you are concerned about your feet or you think you may have an infection. Foot problems can happen quickly—so don't leave them until you get home.

Feel free to email the foot clinic for advice.

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 a 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/



**The Shrewsbury and
Telford Hospital**
NHS Trust

Patient Information.

Looking after your feet on holiday



Diabetes foot clinic Hummingbird Centre

Tel: 01743 261000 Ext 3055

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Holiday Feet

Diabetes can cause foot problems. Some of these problems can happen because the nerves and blood vessels are damaged.

This can affect:

- The feeling in your feet (Peripheral neuropathy); and
- The circulation in your feet (ischaemia).

These changes can be very gradual and you may not notice them. This is why it is very important that you check your feet regularly, especially when on holiday when you may be more active than normal.

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.

Controlling your diabetes, cholesterol and blood pressure, quitting smoking, increasing cardiovascular exercise (activity that increases your heart rate and breathing such as brisk walking, running or swimming) and controlling weight helps to reduce the risk of serious problems.

This leaflet contains advice to help you look after your feet yourself while enjoying your holiday.

The journey

Long journeys on trains, buses and planes can lead your feet to swell. Walking up and down the aisle every half an hour will help keep the swelling down.

Make sure your shoes are not too tight. If you normally wear hospital shoes then wear them on holiday too.

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.

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

Moisturising your feet. You may find your feet get dry on holiday especially if it is a hotter or colder climate than normal so you may need extra moisturising cream. Do not cream in-between your toes.

Avoid walking barefoot. Always wear something on your feet, especially over hot sand or concrete. This could burn your feet without you noticing. If you go into the sea, wear some sort of plastic shoes that will protect your feet. Make sure that they fit well.

Avoid flip flops as these can rub between the toes and don't offer much protection.

If you have a current foot ulceration you must tell your insurance company and follow the advice you were given from the foot clinic.

You will be provided with a pack to take with you including items to clean the wound and dressings.

Even if you don't have a current wound we would advise you to take a small first aid kit containing an antiseptic, a clean non adherent dressing and some tape. At the first sign of any grazes or blisters you will then be prepared.

Medicines and prescriptions.—Make sure that you pack any antibiotics, dressings insoles and foot wear you have been prescribed.

Don't forget suncream. Protect your feet from sunburn with a high factor sun cream (Factor thirty and above) and don't forget the soles of your feet.