

DIABETES/IMPAIRED CIRCULATION ASSESSMENT

VASCULAR	NEUROLOGICAL	STRUCTURAL	ULCERATION	SELF CARE	RISK
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INTERVENTION / RECOMMENDATIONS

Vascular: keep feet warm especially at night,
 betadine and bandaid on any scratches
 wear shoes at all times, especially when outside
 keep legs covered (long pants) when in the garden

Neurological: check feet daily (with mirror if necessary)
 tip shoes upside down to remove anything foreign
 wear shoes at all times (ensure good shoe fit)
 wear socks with shoes
 do not go to bed with hot water bottle or electric blanket on
 do not put feet close to heater

Structural: a good-fitting supportive lace-up shoe for support
 do not use corn plasters
 monitor feet daily

Ulceration: prevention is the key

Self Care: see a podiatrist when advised or if you have any concerns
 cream feet daily
 betadine / methylated spirits between toes daily to prevent maceration / tinea
 increase knowledge

Other:

DATE OF NEXT ASSESSMENT: