

Information for patients and visitors

Looking After Your Feet

Department of Podiatry
Community & Therapy Services

This leaflet has been designed to give you important information and to answer some common queries you may have.



Information for patients and visitors

Introduction

Good foot care is important. Foot problems cause pain and discomfort that can affect walking and make everyday tasks difficult to manage. Early and regular foot care can prevent more serious health problems arising and it enables you to stay mobile and pain-free for as long as possible.

Foot care covers a set of tasks that a healthy adult whatever their age, would normally do for themselves. If this becomes difficult family, friends or carers can help you manage these tasks.

Managing your nail care

Trim your nails after a shower or bath when they are softer and easier to manage.

Use sharp nippers rather than scissors.

Use the tip of the nippers to carefully cut across the nail, a little at a time.

Cut nails straight across following the shape of the toe.

File the nails, this will smooth any sharp jagged edges and can be a good alternative to nail cutting.

Do not cut your nails too short.

Never cut or poke down the sides of a nail.

Managing your skin care

Wash your feet every day in warm soapy water (don't soak them as this can destroy natural oils) and dry thoroughly especially between the toes.

If your skin is dry moisturise your feet regularly with Aqueous cream but do not apply cream between the toes.

Never use medicated foot products such as corn plasters or ingrowing toe nail liquid.

To keep hard skin under control use a foot file, emery board or pumice stone. Never use blades or scissors on hard skin.

Keep your feet warm (but do not expose to direct heat) and exercise to improve your circulation.

Any minor cuts should be covered with a clean dry dressing, and blisters should be left to dry out on their own. If they burst, apply a clean dry dressing, but do not burst them yourself.

Seek professional help from your GP practice if they do not heal quickly.

If you notice any red areas, discharge or pain in your feet, again seek professional advice immediately.

Footwear

Poor fitting footwear can lead to falls and is responsible for many foot problems including corns, callus, bunions, toe deformities, in growing toe nails and fungal infection (Athlete's foot). Correctly fitting footwear can significantly reduce foot problems and help balance.

Buy shoes in the afternoon as feet can swell during the day. Get your feet measured while you are standing up. When buying shoes try on both shoes and walk a few steps to see if they pinch or rub. Buy the right shoe for the right purpose-high heels are not for walking distances.

Width - shoes need to be wide enough to accommodate your feet comfortably including bunions.

Length - there should be at least an adult thumbnail space from the end of your longest toe to the end of the shoe.

Depth - check the shoe is deep enough for you to comfortably wriggle your toes.

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Fastening - shoes should always have an adjustable fastening such as laces, Velcro or buckled strap to prevent feet slipping and to give support.

Material - leather allows air to circulate around the foot.

Heel height - choose a broad heel of 1" to 1.5" to help maintain good balance and prevent lower back problems.

Seams - make sure there are no prominent seams inside the shoe that may cause rubbing or redness especially over areas such as bunions.

Rubber soles - these are non-slip and provide good grip and shock absorption.

Socks, Stockings and Tights - you should change these every day. They should not have bulky seams and preferably not have elasticated tops. Cotton or wool socks are best as natural fibres help to keep feet dry by absorbing the moisture.

Further Help

Local nail care services:

Age UK Grimsby
27 Osborne Street
Grimsby DN31 1EY
Tel: 01472 344976

Age UK Scunthorpe
34a Crosby Road
Scunthorpe DN15 6SF
Tel: 01724 849819

Please note there is a charge for this service. Alternatively you can use your local directory to find a list of foot care services in the area. If you require treatment for corns or callus please ensure that the professional is HCPC registered.

You can access this information online at www.hcpc-uk.org.uk

Or by telephone on 0845 300 4472

If you develop a medical condition that could put your feet at increased risk such as diabetes, poor circulation or rheumatoid arthritis please speak to your GP practice as you may qualify for NHS Podiatry treatment.

For help or additional information at any time please contact:

Tel: 01472 279687 – Grimsby

Tel: 01724 203782 – Scunthorpe

Reference

Society of Chiropodists and Podiatrists
www.feetforlife.org.uk

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital – you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital – you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:
nlg-tr.PALS@nhs.net

Confidentiality and How We Use Data

Personal information on NHS patients is collected and recorded within paper and electronic formats primarily to support high quality care that is safe and effective. To do this, information is also used to support



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quality improvement activities, investigate any concerns you may raise as well as to support and understand NHS performance. All NHS staff have a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it. Other circumstances where information may be shared include administrative teams to plan future care needed, commissioners of Trust services, other NHS or social care providers and in some cases voluntary sector providers.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients who are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
01724 282282

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
01405 720720

www.nlg.nhs.uk

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