

## VERY LOW RISK

Your foot check has shown you are currently at **Very Low Risk** of developing wounds that won't heal or amputation due to diabetes.

### Normal feeling and pulses in your foot

Diabetes is a disorder which can cause foot problems such as ulceration, infection and in extreme cases gangrene and amputation. These problems usually only happen if your blood supply (circulation) and your nerves (feeling) to your feet are damaged.

- Your foot check today shows that you do not have nerve or circulation damage
- You can reduce your risk of getting foot problems by maintaining good diabetes control (speak to your doctor, diabetes educator or endocrinologist) and taking on good foot care practices
- You can look after your own feet but if you develop any foot problems you should see your GP or contact your podiatrist

### Looking after your feet and keeping them healthy



You or a family member/carer can continue to cut your toenails regularly



Cover any wounds or cuts with a dry dressing until it has healed. If it is slow to heal, see your GP or practice nurse who may refer to a podiatrist or High Risk Foot Service for further management

**IF you notice any redness, swelling, heat or pain and need urgent attention for a foot problem, visit your GP, practice nurse, podiatrist or local Emergency Department.**

### Foot check recommendation



Every year with your GP, nurse or podiatrist

## Your healthcare professional has recommended that you:

- Check your feet every day for changes or foot problems (wounds or changes in foot shape)
- Seek professional help promptly if you find any foot problems
- Wash your feet every day (even between the toes)
- Apply a recommended cream to your feet (except between your toes) every day
- Do not walk bare foot, in socks without shoes, or in thin soled slippers
- Wear protective shoes with socks
- Buy new shoes that will protect your feet
- See a podiatrist for regular preventative foot care
- My Aged Care:
  - Visit the My Aged Care website at [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
  - or
  - Call the My Aged Care contact centre on 1800 200 422
- Buy an anti-fungal cream for your feet
- Refer to the [www.footforward.org.au](http://www.footforward.org.au) website for more information

## Notes (based on your discussions with your healthcare professional)

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## LOW RISK

**Your foot check has shown you are currently at Low Risk of developing wounds that won't heal or amputation due to diabetes.**

Diabetes is a disorder which can cause foot problems such as ulceration, infection and in extreme cases gangrene and amputation. These problems usually only happen if your blood supply (circulation) and your nerves (feeling) to your feet are damaged.

**Your foot check today shows that you may have one of the following**

- Lost some feeling in your feet
- The circulation in your feet is reduced

**Looking after your feet and keeping them healthy**



Wash and check your feet everyday



Cover any wounds or cuts with a dry dressing until it has healed

- If it is slow to heal, see your GP or practice nurse who may refer to a podiatrist or High Risk Foot Service for further management



If appropriate, you or a family member/carer can continue to cut your toenails regularly



In some cases, you may be referred to a podiatrist:

- A podiatrist can help cut your toenails and manage hard skin regularly



Wear protective shoes that fit the shape of your feet

- Do not walk barefoot, in socks without shoes or in thin-soled shoes

**IF you notice any redness, swelling, heat or pain and need urgent attention for a foot problem, visit your GP, practice nurse, podiatrist or local Emergency Department.**

**Foot check recommendation**



Every 6 – 12 months with your GP, nurse or podiatrist

## Your healthcare professional has recommended that you:

- Check your feet every day for changes or foot problems (wounds or changes in foot shape)
- Seek professional help promptly if you find any foot problems
- Wash your feet every day (even between the toes)
- Apply a recommended cream to your feet (except between your toes) every day
- Do not walk bare foot, in socks without shoes, or in thin soled slippers
- Wear protective shoes with socks
- Buy new shoes that will protect your feet
- See a podiatrist for regular preventative foot care
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## MODERATE RISK

Your foot check has shown you are currently at **Moderate Risk** of developing wounds that won't heal or amputation due to diabetes.

Diabetes is a disorder which can cause foot problems such as ulceration, infection and in extreme cases gangrene and amputation. These problems usually only happen if your blood supply (circulation) and your nerves (feeling) to your feet are damaged.

Your foot check today shows that you may have one of the following

- Lost some feeling in your feet
- The circulation in your feet is reduced
- You have developed problems with the shape of your toes or feet

**Due to your risk score it is recommended you are reviewed by a podiatrist.**

### Looking after your feet and keeping them healthy



Wash and check your feet everyday



Cover any wounds or cuts with a dry dressing until it has healed

- If it is slow to heal, see your GP or practice nurse who may refer to a podiatrist or High Risk Foot Service for further management



Referral to a podiatrist is recommended to help you prevent foot problems from happening.

- A podiatrist can help you with your foot care and advise you on shoes to protect your feet



Wear protective shoes with fastening (velcro/laces) that fit the shape of your feet

- Do not walk barefoot, in socks without shoes or in thin-soled shoes

**IF you notice any redness, swelling, heat or pain and need urgent attention for a foot problem, visit your GP, practice nurse, podiatrist or local Emergency Department.**

### Foot check recommendation



Every 3 – 6 months with your GP, nurse or podiatrist

## Your healthcare professional has recommended that you:

- Check your feet every day for changes or foot problems (wounds or changes in foot shape)
- Seek professional help promptly if you find any foot problems
- Wash your feet every day (even between the toes)
- Apply a recommended cream to your feet (except between your toes) every day
- Do not walk bare foot, in socks without shoes, or in thin soled slippers
- Wear protective shoes with socks
- Buy new shoes that will protect your feet
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## HIGH RISK

**Your foot check has shown you are currently at High Risk of developing wounds that won't heal or amputation due to diabetes.**

Diabetes is a disorder which can cause foot problems such as ulceration, infection and in extreme cases gangrene and amputation. These problems usually only happen if your blood supply (circulation) and your nerves (feeling) to your feet are damaged.

**Your foot check today shows that you may have one of the following**

- Reduced feeling in your feet
- Reduced circulation in your feet
- You are on dialysis
- Problems with the shape of your toe or foot
- Hard skin on your feet

**Due to your risk score it is recommended you are reviewed by a podiatrist.**

### Looking after your feet and keeping them healthy



Wash and check your feet everyday



Cover any wounds or cuts with a dry dressing until it has healed

- If it is slow to heal, see your GP or practice nurse who may refer to a podiatrist or High Risk Foot Service for further management



Referral to a podiatrist is recommended to help you prevent foot problems from happening

- A podiatrist can help you with your foot care and advise you on shoes to protect your feet



Wear protective shoes with fastening (velcro/laces) that fit the shape of your feet

- Do not walk barefoot, in socks without shoes or in thin-soled shoes

**IF you notice any redness, swelling, heat or pain and need urgent attention for a foot problem, visit your GP, practice nurse, podiatrist or local Emergency Department.**

### Foot check recommendation



Every 1 - 3 months with your GP, nurse or podiatrist

## Your healthcare professional has recommended that you:

- Check your feet every day for changes or foot problems (wounds or changes in foot shape)
- Seek professional help promptly if you find any foot problems
- Wash your feet every day (even between the toes)
- Apply a recommended cream to your feet (except between your toes) every day
- Do not walk bare foot, in socks without shoes, or in thin soled slippers
- Wear protective shoes with socks
- Buy new shoes that will protect your feet
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