How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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Patient information leaflet for parents or carers of a child with Diabetes or young Diabetics
If you require a translation or alternative format of this leaflet please call Patient Advice & Liaison Service (PALS) on 01296 316042

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It is important to look after your feet when you or your child have diabetes. If you are young, it is unlikely that there are any problems with your feet at the moment. However, as you get older the likelihood of diabetes complications in the future increases, and your feet can be affected - so it’s a good idea to get into good habits now. Skin infections are also more common in people with diabetes.

**Looking after your feet**

- You should cut your toenails straight across and keep them the same length as your toes. This will help to prevent them in-growing.
- Make sure your shoes fit correctly and don’t rub.
- Never go bare foot
- Dry in between your toes after swimming, shower etc.
- If your feet get wet change into dry socks and shoes as soon as possible.
- Use a foot file to remove hard skin.
- Apply heel balm to soften hard skin but **NOT** between toes.

**Athletes’ foot**

Athlete’s foot is very common – very itchy, sore, flaky skin. You can use athletes’ foot cream from the chemist and keep up treatment for at least 2 weeks after the symptoms have cleared. See your GP if symptoms persist.

If you get verrucas, you can usually use verruca treatments from the chemist, even though they may advise not to use them if you have diabetes. They are safe to use if you do **not** have diabetic complications that affect the circulation or sensation in your feet.

Alternatively you can;
- go to the wart clinic at your GP surgery.
- see a podiatrist. You can be referred either by your GP or another health care professional, or,
- phone 0844 2252 413 for information and to make an appointment yourself.
- If you get **corns**, ask to be referred to a Podiatrist.