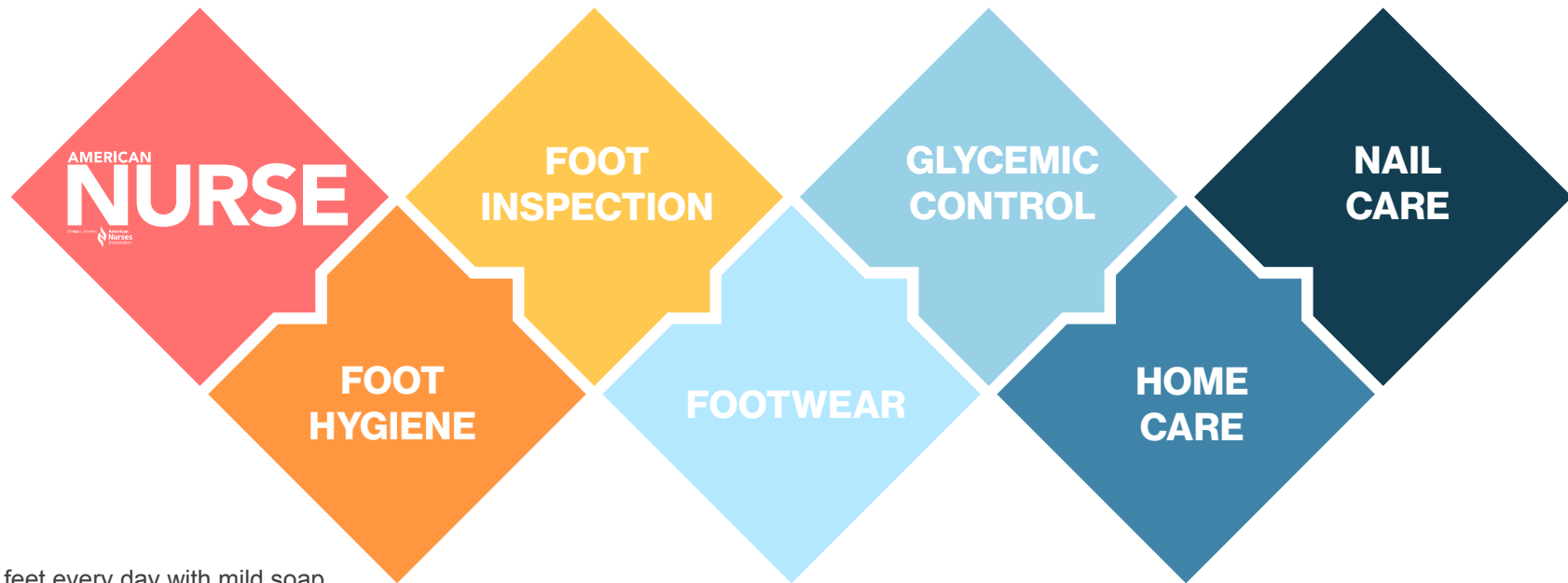


NURSE-LED PATIENT EDUCATION

Patient self-management education aimed at preventing foot complications in those with diabetes includes the following:



- Clean feet every day with mild soap.
- Dry feet completely.
- To maintain the foot's skin barrier, moisturize dry areas with lotion.
- Perform daily checks for sores. Ask a friend or family member to help or use a small mirror or cellphone as needed to enhance visualization.
- If an injury or callus is discovered, contact a provider as soon as possible—diabetic foot problems can escalate quickly.
- Remove shoes at every healthcare appointment for diabetes, not just when seeing a podiatrist.
- Check the inside of shoes before donning them. Diabetic neuropathy can cause foot numbness, which may prevent you from feeling objects inside the shoe.
- Wear properly fitting footwear that maintains the skin microclimate (not too wet or dry).
- Shoes should be clean and not worn out. When shoes become worn out, they no longer cushion bony prominences or soles of feet effectively.
- Always wear clean, moisture-wicking socks, such as diabetic socks.

- Stable blood sugar helps limit the onset and degree of neuropathy and peripheral artery disease.
- Hyperglycemia impairs healing and makes microbes more likely to cause infection.
- Avoid soaking feet. Soaking can potentially break down skin integrity.
- To avoid the risk of unnoticed trauma, don't walk barefoot, even at home. Instead, wear custom fit diabetic shoes with inserts, if possible. Otherwise, choose footwear with a solid sole and wide toe box that protects feet from trauma.
- Thoroughly clean shared grooming and hygiene tools, such as nail clippers.
- Keep toenails trimmed straight across.
- Use an emery board to file sharp edges.
- See a podiatric specialist yearly.

**Scan the QR code to
access the full article.**



Sources: Swoboda and Held, Swoboda and Fasing