

PUTTING YOUR BEST FOOT FORWARD

Promoting Foot Health in care home settings
Information for carers and staff



Why is foot health important? Common foot problems in older people result in:

- Decreased ability to undertake activities of daily living
- Problems with balance and walking which can lead to falls
- Increase risk of infections and skin breaks

Foot problems may present alongside other health conditions such as:

- Diabetes
- Vascular conditions
- Inflammatory arthritis and osteoarthritis
- Obesity
- Mental health difficulties

How to help promote healthy foot care:

- Frequently check and monitor the health of the person's feet
- Check foot colour, temperature and compare with the other foot
- Check the feet for bruises, breaks in skin and swelling

Tips for promoting healthy feet:

- Wash feet with soap and water and dry thoroughly
- Keep toenails trimmed and filed
- Apply moisturising cream daily
- Ensure the feet are clean
- Encourage good fitting shoes to be worn daily
- Avoid soaking the feet or applying moisturising cream between the toes as this can cause the skin to dry out or lead to cracks and cuts



Footwear should be:

- Worn daily
- Well fitting
- Have a supportive heel counter and secure fastenings
- Checked regularly for a good fit, and any wear and tear
- Slippers should only be worn for short periods



If you notice any of the following foot health issues please speak to a healthcare professional e.g. Podiatrist, Medical Staff and/or Nursing Staff:

- Skin breaks that are not healing
- Pus or discharge
- Any redness, discolouration, heat or swelling
- If a foot is colder and or paler than normal



For further advice please contact a health care professional or your local podiatry department
Contact details of the local HSC Podiatry Services:

BHSCT: South and East Belfast 028 9615 8200
North and West Belfast 028 9615 8100

SEHSCT: Downpatrick 028 4461 1762
Lisburn 028 9250 1214
Newtownards 028 9151 0240
Bangor 028 9147 5137

SHSCT: AHP Central Booking Unit 028 3756 3444

WHSCT: Enniskillen 028 6638 2111
Omagh 028 8283 5005
Foyle 028 7186 5100

NHSCT: Coleraine 028 7034 4831
Ballymena 028 2563 5672