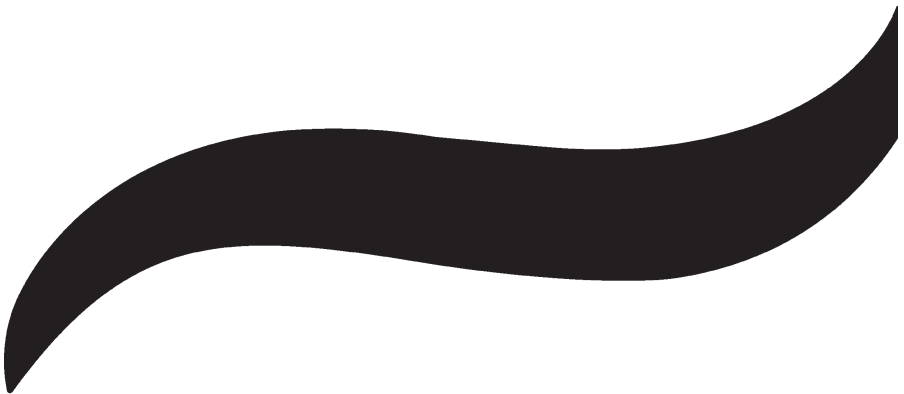




Personal Foot Care

Information for patients
University Department of Podiatry

If you have a hot, red, swollen or painful foot with blood, pus or other discharge from an open wound, Please contact the department as soon as possible.



“Personal foot care includes the tasks that adults normally do for themselves such as cutting and filing toenails, smoothing and moisturising skin, looking for signs of infection or other problems which need referral to a podiatrist.”

SCOTTISH GOVERNMENT “PERSONAL FOOT CARE GUIDELINES (2013).

If you would like further information please visit:
www.gov.scot/publications/personal-footcare-guidance/pages/9/

WHAT IS PERSONAL FOOT CARE?

“Personal foot care is part of a personal hygiene routine for feet and covers a set of tasks that an adult, whatever their age, would normally do for themselves if they are able to”

Toenail care	Clipping and filing toenails safely and keeping them at a length which feels comfortable
Skin Care	Smoothing and moisturising dry and rough skin. Keeping feet clean, dry, comfortable and warm. Checking skin for cracks and breaks in the skin. Looking for signs of infection or other obvious early problems and seeking
Checking Footwear	Checking footwear for comfort, fit, state of repair and safety

HOW TO CARRY OUT PERSONAL FOOT CARE

Personal foot care is important for everyone and can be carried out by yourself, a family member or carer to reduce pain, discomfort, improve confidence, quality of life and independence.

If you are diabetic and have been classed as low risk at your foot screening, these tips also apply to you, if you have been classed as moderate or high risk please seek professional advice.

WASH YOUR FEET OFTEN

- ❖ Wash and thoroughly dry your feet and change your socks every day.
- ❖ Use mild soap, and wash between the toes.
- ❖ But don't soak them as this may destroy your skins natural oils.

DRY YOUR FEET WELL

- ❖ Be sure to dry thoroughly, especially between the toes.
- ❖ Fungal organisms love moisture, so depriving them of any wetness will make it more difficult to develop fungal infections
- ❖ When drying your feet, take a good look at the skin once a week on the bottom and top to look for any changes in the skin or nails.

FILING SKIN

- ❖ Gently remove hard skin and calluses with a pumice stone or foot file when your skin is dry. Don't overdo it or you could damage fresh skin underneath.

MOISTURISE

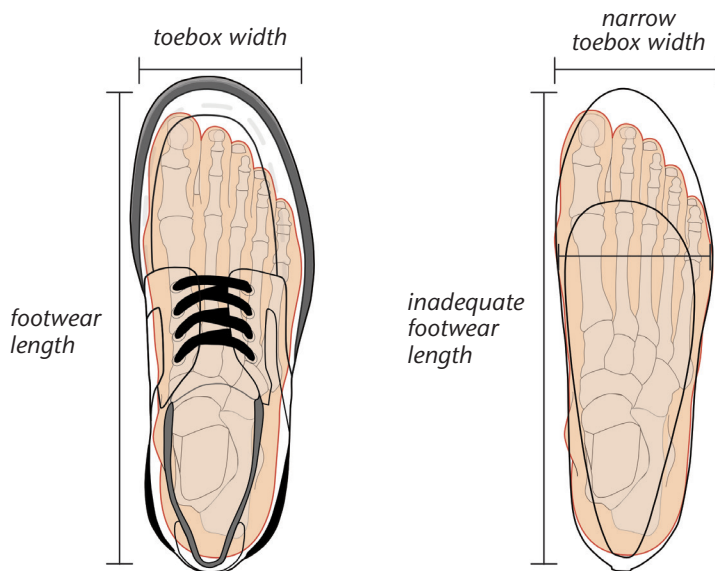
- ❖ If your skin is dry, apply moisturizing cream all over the foot, except for between the toes on a daily basis or more frequently if required

CUT TOENAILS CAREFULLY

- ❖ Trim your toenails regularly using proper nail clippers. Cut straight across and avoid trimming too close to the skin or drastically rounding the corners of the nails, which can cause painful and cause ingrown toenails.

FOOTWEAR ADVICE

- ❖ Always try your footwear on before buying a new pair, ideally in the afternoon as your feet swell throughout the day.
- ❖ Ensure your feet have been measured and you are wearing the correct size.
- ❖ Your footwear should always have laces/ straps/buckles to hold the shoe onto your foot and support you whilst walking, this will prevent any rubbing or friction and stop hard skin forming.
- ❖ Your shoe should be broad and rounded to accommodate your toes – avoid pointy shoes which can cramp your toes and cause ingrown toenails, callus and corns.



- ❖ If you have foot deformities, for example “bunions” and “hammer toes”, accommodate these with wide or specialist footwear and avoid purchasing shoes a size bigger - to prevent further corns, callus or blistering.

WHEN AND HOW TO REFER INTO NHS PODIATRY.

Issues podiatry could provides treatment for: *	Issues podiatry are unable to provide
<ul style="list-style-type: none"> • Foot ulcerations. 	<ul style="list-style-type: none"> • Toenail cutting.
<ul style="list-style-type: none"> • Surgical removal of ingrowing toenails. 	<ul style="list-style-type: none"> • Fungal skin and nails
<ul style="list-style-type: none"> • Muscles, tendons and joints (commonly called musculoskeletal issues (MSK for short). 	<ul style="list-style-type: none"> • Thickened toenails.
<ul style="list-style-type: none"> • Circulation and vascular assessments 	<ul style="list-style-type: none"> • Verrucae (not painful/less than 2 years).
<ul style="list-style-type: none"> • Verrucae (painful and over 2 years) 	<ul style="list-style-type: none"> • Regular corn and callous reduction.
<ul style="list-style-type: none"> • Painful corn removal with local anaesthetic (deep enucleation) or electrosurgery. 	<ul style="list-style-type: none"> • Skin conditions like athlete’s foot.
<ul style="list-style-type: none"> • Foot protection for high risk patients with previous ulcerations or amputations. 	
<ul style="list-style-type: none"> • Painful lesions stopping you from walking. 	

*Care plans and treatments will be carried out until improvement or resolution of foot complaint.

If you think you qualify for any of the treatments we could provide, please go to one of your local health centres to collect a paper referral form or go to www.nhs.uk. (To be confirmed)

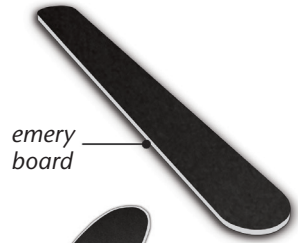
When a person does not meet the criteria for NHS podiatry care and has no family or carers in place, they can seek personal care from a private podiatrist.

We recommend that when seeking private podiatry treatment that you ensure that the podiatrist is HCPC registered information can be found on the following web page: www.hcpc-uk.org to ensure the podiatrist treating your foot issue have the correct training to be safely and effectively carrying out your treatment.

PERSONAL FOOT CARE KIT

These are some of the items that you may like to include in your personal foot care kit.

- ❖ Nail nippers
- ❖ Emery boards
- ❖ Foot file



All these items can be purchased locally or on-line and you may wish to keep them together in a plastic box or plastic zip bag.

USEFUL LINKS

The personal foot care web page provides information and some short films about personal foot care. Access this via:
www.knowledge.scot.nhs.uk/home/portals-and-topics/personal-footcare.aspx.

There are a number of websites that provide helpful general information about foot care.

- ❖ <https://www.versusarthritis.org/>
- ❖ www.alzscot.org
- ❖ <http://www.careinfoscotland.co.uk>
- ❖ www.diabetes.org.uk/In_Your_Area/Scotland
- ❖ www.nhsinform.co.uk
- ❖ <https://rcpod.org.uk/>
- ❖ <http://www.feet4lifeuk.com/>
- ❖ https://www.diabetes.org.uk/get_involved/campaigning/putting-feet-first
- ❖ www.mydiabetesmyway.scot.nhs.uk
- ❖ www.nhs.uk/conditions/falls/pages/prevention.aspx
- ❖ <https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/looking-after-your-feet>
- ❖ <https://www.ageuk.org.uk/scotland/#>

If you need this information in another language or format, please e-mail: Translation.Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	November 2021
Review date:	November 2023
Issue No:	03
Department:	Podiatry
Clinical Lead:	