

Additional Notes:

CONFIDENTIALITY AND USE OF PATIENT'S INFORMATION

For the purpose of your present and future medical treatment, details of your medical care will be recorded. Some use may be made of this information for research purposes and to indicate the kind of future health services which patients may require; some will be processed on a computer. At all times great care is taken to ensure that high standards of confidentiality are maintained in respect of all information held.

The "Data Protection Act 1998" gives you the right of access to any personal information which NHS Lanarkshire holds about you either in manual records or on its computers. If you wish to apply for access to your data, or if you would like more information about your rights under the Act you should, in the first instance, contact the Health Records Officer at the hospital.

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Foot care advice for carers

Information for patients
Podiatry Services



THE ROLE OF THE CARER

As a carer you will provide the care and perform the straightforward everyday foot care tasks, which under normal circumstances the patient would be able to carry out for themselves.

Simple foot care carried out regularly can ensure comfort and prevent problems developing.

The Podiatry Service is here to support you. Contact your local clinic if you would like more advice.

As a carer your role is invaluable. The services you carry out really do make a difference to the well being of the person in your care.

AWARENESS

Always **listen and look**. If the patient tells you that they have any problems for example, their feet or toes feel sore, jaggy, nippy, too hot or too cold, itchy or just not right; or if they feel their shoes, socks or stockings are rubbing, pinching, too tight or too slack, then always **have a look** to see if there is anything obvious causing the problem.

INFECTION

Any of the following could indicate that an infection may be present:

- ❖ Redness
- ❖ Pain
- ❖ Swelling
- ❖ Discharge (*for example, pus oozing*)
- ❖ Limited movement.

Please seek immediate advice from the Podiatry Department or General Practitioner (*GP*).

HYGIENE

Wash feet daily and take care to dry thoroughly between the toes.

NAIL CARE

You may cut or file normal nails, however special care must be taken if the patient has:

- ❖ diabetes;
- ❖ poor circulation;
- ❖ thickened toenails; or
- ❖ is taking anti coagulant medication. (*Blood thinning medication*)

If you are concerned, then seek advice from your local podiatry clinic.

Before nail cutting or filing, ensure that you are prepared:

- ❖ Feet should be washed and clean.
- ❖ Always wash your **own** hands.
- ❖ Make sure that you work in good lighting.
- ❖ Make sure that you are both seated comfortably.

SKIN CARE

When the skin is thoroughly dry, an unscented moisturiser should be used daily. (*Do not apply between the toes*)

If moist skin is present for example, between the toes, surgical spirit can be applied after careful washing and drying.