

## Individual advice

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## GP contact information

**GP Name:** \_\_\_\_\_

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**GP Practice:** \_\_\_\_\_

\_\_\_\_\_

**Number:** \_\_\_\_\_

## Moorditj Djena

**Number:** 9278 9922

### **Acknowledgments:**

*We respectfully acknowledge the past, present and future traditional custodians of this land, the Whadjuk people of the Noongar Nation.*

Moorditj Djena respects and acknowledges the support and advice given by the Aboriginal community in the development of this brochure and the Moorditj Djena Service.

The use of the term “Aboriginal” within this brochure refers to Australians of both Aboriginal and Torres Strait Islander descent.

**Compiled:**

**Review date:**



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# Moorditj Djena

## Strong Feet

Looking after your ulcer



## Diabetes and your feet

Diabetes can cause foot problems because the nerves and blood vessels supplying your feet are damaged. This can affect:

- The feeling in your feet
- The blood flow in your feet
- Reduced healing after trauma

A diabetic foot ulcer means an area of skin has broken down and the tissue under it is now exposed.

In some people with diabetes, the skin does not heal well and can develop an ulcer or infection after only a small injury e.g. stepping on a piece of glass.

In a person with diabetes, healing can be slower and there is a higher risk of infection.

## Looking after your ulcer

### Continue to check your feet

**every day:** look for any other problem areas or any warning signs.

**Do not get the dressing wet:** this can allow bacteria into the ulcer and prevent it from healing.

**Moisturise the surrounding area of your feet:** if your feet are dry, apply a moisturising cream daily.

**Rest:** as much as possible and avoid any unnecessary standing or walking.

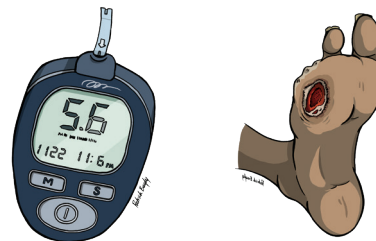
**Footwear:** you may be asked to wear a cast, special shoe or padding until your ulcer has healed.

**Attend appointments:** always attend your GP/ podiatry appointments to have your ulcer treated. You will need regular appointments until your ulcer is healed. It is important for the podiatrist to remove hard skin and dead tissue regularly to help your ulcer heal.

**Antibiotics:** if there are signs of infection you may need to be prescribed antibiotics by your GP.

### Referrals to other health

**professionals:** can help with wound healing such as smoking cessation, dietitian or diabetes educator.



## Factors affecting wound healing

- Uncontrolled diabetes
- Smoking
- Unhealthy diet
- Obesity
- Other chronic conditions
- Poor hygiene

## Warning signs

### Do you have any of the following?

- Pain or throbbing
- Warmth
- Redness, inflammation or swelling
- Discharge
- Smell
- Feeling unwell or flu-like symptoms

**If you are concerned about your diabetic foot ulcer, contact Moorditj Djena or your GP for advice immediately.**