

Please bring this brochure with you at the time of your foot care visit.



**Primary care doctor/
medical institution**



Diabetic Foot Care Notebook

**Let's walk with
our feet all the time!**



TABLE OF CONTENTS

Chapter 1. Diabetic Foot Care

- Purpose of diabetic foot care P. 1 - 2
- Foot care outpatient schedule P. 3 - 4
- Step 1 P. 5 - 12
- Step 2 P. 13 - 15
- Step 3 P. 19 - 21
- Step 4 P. 22 - 27

Chapter 2. How to Use Foot Care Tools

- How to use nail clippers P. 28 - 29
- How to use a nail file P. 31 - 32
- How to use a nail reducer P. 33 - 34
- How to care for your heels P. 35
- How to care for your feet using an athlete's foot remedy P. 36 – 38
- Shoes P. 39

Chapter 1. Diabetic Foot Care

Purpose of the Diabetic Foot Care Outpatient Department

- Let's protect our precious feet, together -

- ◎ **People with DM are more likely to develop foot disorders.**
- ◎ **Your daily management (care) is key to protecting your feet.**
- ◎ **First, it is significant to check the condition of your feet and manage by yourself (practice self-care), while considering the best method for your current situation with a nurse.**

The Foot Care Department is “a place to help you to enable foot care by yourself, while thinking about how to manage your feet together to prevent foot disorders and walk with your feet all the time.”



Let's walk with our feet all the time!

We also think about diabetes treatment efforts together, so that “you can live your daily life the same as healthy people, even if you have diabetes.”

Foot care outpatient schedule

Step 1

- * You'll learn about the relationship between diabetes and foot disease.
- * You'll check your foot conditions with your nurse.
- * You'll work with your nurse to think about your foot care outpatient goals and the necessary care.
- * We'll show you how to care for and protect your feet.

Step 2

- * You'll have foot care tailored to the condition of your feet (treatment for thickening of nails and keratin, moisturizing, etc.), with your nurse's assistance.
- * You'll work with your nurse to think about how to care for your foot condition.

Step 3

- * We'll evaluate to see if you can independently take care of your foot management at home, which you developed with the assistance of your nurse.
- * If you cannot care for yourself at home, you'll carry out care in your home after working with your nurse again to think about care that you can continue.

Step 4

- * We'll evaluate the effect of the care at home.
- * You'll think about what to do together with your nurse, in case you have new troubles with your feet.
- * You'll make a schedule for your future foot care outpatient visits (intervals) with your nurse.



Step 1

If you cannot control blood glucose in diabetes,

Neuropathy occurs



Detection of injuries/burns will be late, because it is hard for you to feel pain.

Delay in finding injuries



Resistance is reduced



A wound will easily suppurate, and healing will be slow.

Infection



Vascular insufficiency occurs



The blood flow to the toes is restricted, leading to a lack of necessary nutrients and oxygen delivery to the cells, which worsens the wound.

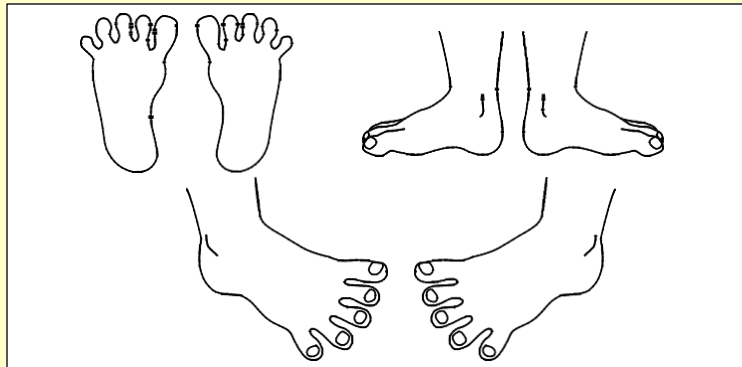
Ulcer

Gangrene



Amputation

Let's determine your foot condition first



* Nail condition

- No abnormalities Ingrown nails Deep nails
 Color change Thick Other ()

* Skin condition

- No abnormalities Dryness Injury Corn
 Callus Athlete's foot Color change Swelling
 Oozing Other ()

* Foot deformity

- Absent Present ()

* Subjective symptoms of neuropathy

- Absent Numbness Pain Cramps
 Decreased sensation Discomfort Other ()

* Brief neurological examination

- Achilles tendon reflex (right / left)
 Vibration test (right sec / left sec)
 Monofilament (right / left)

* Blood flow status

- Palpable pulse (right / left)
 No subjective symptoms Cold sensitivity
 Leg pain during walking Swelling
 Poor color tone Other ()

We ask you about your current foot care

1. No foot injury? You should look at, and touch your feet to check for any troubles.

***Can you see the soles of your feet, between your toes, and your heels?**

- Yes No
 I can see them when using a mirror



***Can you reach your feet?**

- Yes No

***How do you check your feet at home?**

- I check by myself Other ()
 I ask () to cooperate in the check.

2. It is essential to wash your feet thoroughly and keep them clean, to protect your feet.

***Can you wash your feet?**

- Yes No

***How do you wash your feet at home?**

- Bathing Foot bath Wiping my feet
 I don't wash them, in particular

***If you find it challenging to care for yourself,**

- I ask my family () to cooperate in the care
 Other ()



3. It is important to cut nails safely to avoid damaging the skin.

***Can you cut your nails by yourself?**

- I can do it I find it difficult

Foot Self-Care Questionnaire (1)

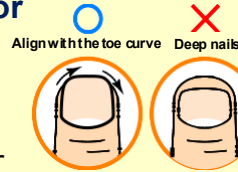
* **What kind of nail cutting tools do you use?**

Nail clippers Nail file Other ()

* **What do you do when it is difficult for you to cut your nails?**

I ask () to help/assist with the care

I visit a dermatology clinic Other



4. It is also important to handle and prevent skin troubles.

* **Are you experiencing skin troubles like hardened/thickened areas, athlete's foot, or dryness?**

None I have hardened/thickened areas

Athlete's foot Dryness Other ()

* **Can you see a dermatologist?**

Yes No ()

* **Can you apply ointment or care for your thick heels?**

Yes No I can get assistance from ()

5. It is essential to wear socks to prevent injury and athlete's foot.

* **Do you always wear socks?**

I always wear socks I don't wear socks indoors

I don't wear socks at all

6. It is indispensable to wear shoes that are suitable for your feet.

* **Do you have any foot deformities?**

None Hallux valgus Flat feet

High instep feet Other

* **Have you ever had blisters on your feet?**

Yes No

* **How many hours/day do you wear shoes?**

About () hour(s)

* **Do your shoes have any deformities?**

Yes No

1. How many days/week do you check your feet?
() days)

2. How many days/week do you check the insides of your shoes?
() days)

3. How many days/week do you wash your feet?
() days)

4. How many days/week do you take a bath (dip your feet in hot water)? (except when you only take a shower)
() days)

5. How many days/week do you wipe between your toes to clean them after washing your feet?
() days)

6. Have you ever cut yourself with nail clippers?
 Yes Not at all

7. How many days/week do you apply moisturizing care to your feet?
() days)

Your feet conditions today

- You currently have no major troubles with your feet. It is very important to maintain the current state of your feet, and to prevent any future foot problems. Please work with your nurse to think about how to care for your feet at home.
- Your current foot conditions require diligent care. Once your symptoms improve, we'll adjust the environment so that you can care for your feet at home.
- Based on your current foot condition, we recommend that you visit the () department. We will confer with a doctor to prepare for your visit, so please be sure to visit the doctor.
- Regular foot care visits are required until your foot symptoms improve. Please care for your feet together with your nurse.

Next time, we will consider the method of care together.



What are the points for protecting your feet?

1. **Please observe your feet carefully every day.**

If you are unable to see your feet, please use a mirror or ask your family for assistance.



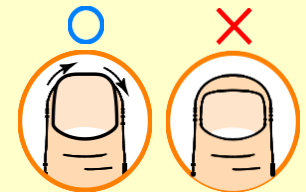
2. **Please wash your feet clean and wipe off moisture well.**

Please also wash well between your toes.

After lathering the soap and washing gently, please wipe off the moisture well.

If your feet are dry, please moisturize them with cream.

(Please do not apply moisturizing cream between your toes)



3. **Please avoid cutting your nails too much.**

Please pay attention to deep nails. Please avoid cutting the corners of your nails deeply.



4. Please wear shoes that are suitable for your feet.

Please be careful about getting blisters on your feet.

Please choose shoes that fit your feet, with about 1 cm of extra space for your toes. Please check your shoes before wearing them, to see if there is any foreign matter inside.



5. Please avoid bare feet, wear socks, and protect your feet from injury.

They protect your feet.

We also recommend 5-toe socks.



6. Please be careful to avoid burns.

Please be careful of low-temperature burns caused by heat packs, hot water bottles, etc.

If you use one, please wrap it with a thick towel and pay close attention.



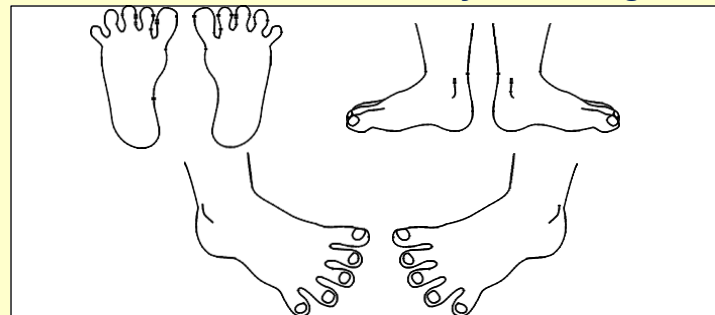
Daily care is just as effective as treatment with medicines.

Please continue self-care to avoid having trouble with your feet.



Step 2

We'll think about the care method that suits your foot condition.
Let's assess the condition of your feet again.



* Nail condition

- No abnormalities
- Ingrown nails
- Deep nails
- Color change
- Thick
- Other ()

* Skin condition

- No abnormalities
- Dryness
- Injury
- Corn
- Callus
- Athlete's foot
- Color change
- Swelling
- Oozing
- Other ()

* Foot deformity

- Absent
- Present ()

* Subjective symptoms of neuropathy

- Absent
- Numbness
- Pain
- Cramps
- Decreased sensation
- Discomfort
- Other ()

* Brief neurological examination

- Achilles tendon reflex (right / left)
- Vibration test (right sec / left sec)
- Monofilament (right / left)

* Blood flow status

- Palpable pulse (right / left)
- No subjective symptoms
- Cold sensitivity
- Leg pain during walking
- Swelling
- Poor color tone
- Other ()

How to care at home for the future

How to observe your feet

- Who
- You Your family Other ()
- How many times per week do you think you can check?
I can check () times a week
- When will you check?
- During bathing
- When wearing socks in the morning
- At night Other ()



How to protect your feet

- Can you put on socks to protect your feet?
- Able to put on socks

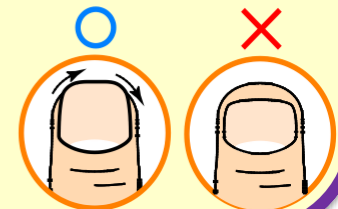
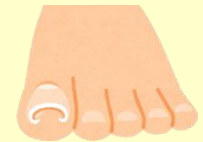
How to clean your feet

- Who
- You Your family Other ()
- When
- During bathing Foot bath
- Wiping my feet
- I'll do that about () times a week

How to care for your nails



- Who
- You Your family Other ()
- What tools will you use for nail cutting?
- Nail clippers Nail file
- In addition, we'll recommend tools () to you.
- How will you cut your nails?
- I'll file down my nails after cutting them shallowly
- I'll adjust the nail length with a nail file
- Other ()
- The person with ingrown nails
- I'll care for the nails with cotton
- I'll care for the nails with tape
- How often will you take care of your nails?
- Every () days as a standard
- Depends on the nail growth
- Other ()



How to care for athlete's foot

Who?

- You Your family Other ()
- I'll apply a remedy to my nails when ().
- I'll apply a cream to the () area when ().

How to care for keratin, dryness, and calluses on your heels

Who?

- You Your family
- Other ()
- I'll apply a cream () to my heel when ().
- I'll apply a nail reducer to the () part () time(s) in () day(s).
- I'll apply a glass nail file to the () part () time(s) in () day(s).



How to care for skin dryness

Who?

- You Your family Other ()
- Where will you need to moisturize?
- Whole body Whole feet Other ()
 - I'll apply a moisturizing cream when ().

How to manage foot care tools

To avoid damaging your skin, it is important to keep the tools clean.

- I'll keep my nail file clean by storing it in ().
- I'll check my nail cutting tools (nail clippers/nail file) before/after use to make sure they are safe, and have no damage if made of glass.
- If you use a nail reducer to care for your heels and calluses, please wash it clean with a toothbrush after use and dry it. The storage place: ()



How to choose shoes that are suitable for your feet

- I'll check whether the shoes fit my feet (about 1 cm of room for my toes, free from pressure).

- I'll consider a specialized adjustment to my shoes and insoles, because I have a foot deformity ().

- I'll check for any foreign matter in my shoes before putting them on.

Thank you for filling this out. This time, we checked your foot conditions with your nurse and considered how to care for your feet. At the next visit, we'll check to see whether you can implement the introduced care methods at home.

Let's walk with our feet all the time!



Step 3

**Can you properly care for your feet?
You carry it out and check with a nurse.**

Foot observation

- I can do it I can do it with support
- We'll check again next time
(Details:)



Foot protection

- I can do it I can do it with support
- We'll check again next time
(Details:)

Cleaning your feet

- I can do it I can do it with support
- We'll check again next time
(Details:)



Nail care

- I can do it I can do it with support
- We'll check again next time
(Details:)



Athlete's foot care

- I can do it I can do it with support
 - We'll check again next time
- (Details: _____)

Care of heel keratin, dryness, and calluses

- I can do it I can do it with support
 - We'll check again next time
- (Details: _____)



Care of skin dryness

- I can do it I can do it with support
 - We'll check again next time
- (Details: _____)

Management of foot care tools

- I can do it I can do it with support
 - We'll check again next time
- (Details: _____)



Choosing and wearing footwear that suits your feet

- I can do it I can do it with support
 - We'll check again next time
- (Details: _____)



Messages from nurses

It is essential to continue care every day to protect your feet.

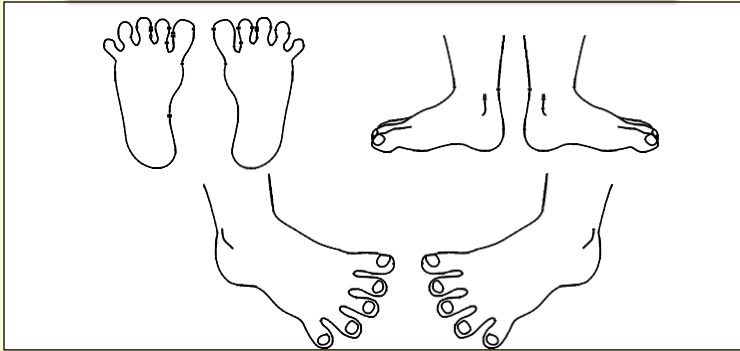
For how to use foot care tools, please refer to the leaflet starting on page 28

Next time, we'll check the condition of your feet and how to care for them, and think about how to deal with any new foot trouble together.



Step 4

Conditions after care at home



* Nail condition

- No abnormalities
- Ingrown nails
- Deep nails
- Color change
- Thick
- Other ()

* Skin condition

- No abnormalities
- Dryness
- Injury
- Corn
- Callus
- Athlete's foot
- Color change
- Swelling
- Oozing
- Other ()

* Foot deformity

- Absent
- Present ()

* Subjective symptoms of neuropathy

- Absent
- Numbness
- Pain
- Cramps
- Decreased sensation
- Discomfort
- Other ()

* Brief neurological examination

- Achilles tendon reflex (right / left)
- Vibration test (right sec / left sec)
- Monofilament (right / left)

* Blood flow status

- Palpable pulse (right / left)
- No subjective symptoms
- Cold sensitivity
- Leg pain during walking
- Swelling
- Poor color tone
- Other ()

Compared to the last time

* Foot observation

- Done
- Not done (Reason:)

* Cleaning your feet

- Done
- Not done (Reason:)

* Nail condition

- Improved (Where:)
- No change ()
- Other ()

* Skin condition

- Improved (Where:)
- No change ()
- Other ()

* Foot symptoms

- Improved (Where:)
- No change ()
- Other ()

Reconfirmation of future care methods

* **For observation of your feet**, a person () will carry it out () times a week with a tool ().

* **For keeping your feet clean**, a person () will carry it out () times a week with a cleaning method ().

* **For nail care**, a person () will carry it out () times a week with a tool ().

* **For skin care**, a person () will carry it out () times a week with a tool ().

The condition of your feet is stable with your current care methods. If you have any trouble with your feet in the future, you should visit the hospital as soon as possible.

Foot Self-Care Questionnaire (2)

1. How many days/week did you check your feet?
(days)
2. How many days per week did you check inside your shoes?
(days)
3. How many days/week did you wash your feet?
(days)
4. How many days per week did you take a bath (dip your feet in hot water)?
(except when you only took a shower)
(days)
5. How many days/week did you wipe between your toes to clean them after washing your feet?
(days)
6. Have you ever cut yourself with nail clippers?
 Yes Not at all
7. How many days/week did you apply moisturizing care to your feet?
(days)

Try to visit the hospital early!!

◎ Please avoid injuries to your feet, such as blisters/burns.

What will you do in the following cases?

"I have an injury!"

"I have a painful callus!"

"My skin is peeling!"

"My skin is getting red!"



Please wash the injury immediately with running water, protect it with a bandage or gauze, and see a dermatologist or plastic surgeon as soon as possible.



If your injury becomes red or warm due to pus, please see a doctor immediately.

What will you do in the following cases?

"I can no longer care for my feet!"



It may be necessary for you to have someone to help with your foot care. Please get in touch with your doctor or foot care specialist.

Contact information



Thank you for filling this out.

Let's walk with our feet all the time!



To protect your feet and keep them in good condition, it is essential to continue the foot care methods you have learned, in addition to controlling your blood glucose level.

Please consult your doctor or foot care specialist if you have any problems with your feet or trouble with your care method before the next visit.

Message



Chapter 2. How to Use Foot Care Tools



In caring for your feet, selecting the right tools and their proper use are critical to ensure safe foot care without damaging your skin.

- 1. How to use nail clippers**
- 2. How to use a nail file**
- 3. How to use a nail reducer**
- 4. How to care for your heels**
- 5. How to use an athlete's foot remedy**

How to use nail clippers

When doing nail cutting, it is necessary to use the clippers **safely without hurting your nails.**

[Key points of nail cutting]

(1) First, your posture.

Adjust your posture so that you can see the entire nail.

(If you find it difficult to adjust your posture, think about it together with your nurse)

(2) Pay attention to deep nails.



Please avoid cutting a nail all at once.

(3) It is better to avoid cutting a nail all at once; instead, cut it using several cuts.

(4) The length of the white area on the upper part of the nail is about 1 mm, as a standard.



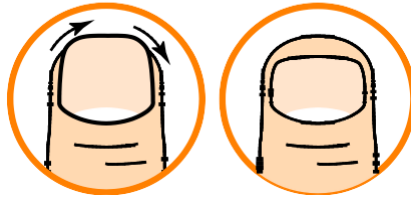
Cut the nail so that the white area on the top remains about 1 mm.

- (5) Trim the corners of your nails slightly to prevent them from catching. If you cut the corners too much, it may cause ingrown nails or injury. Cut the nail straight with a rectangular image.



Cut the corners of the nail gently and just slightly.

Align with the toe curve Deep nails



- (6) Finish nail cutting. After trimming nails with clippers, smooth any corners and sharp edges with a nail file to prevent catching.

If cutting your nails on your own is challenging, we can introduce you to special nail clippers. In addition, you'll work with nurses to enable you to safely cut your nails, including devising tools like a nail file and considering your support system.

How to use a nail file

If you find it difficult to use nail clippers, you can trim your nails with a nail file. Nail files come in several sizes. A large nail file has a large surface and is suitable for adjusting the length, even if you cannot cut your nails. A small nail file is fitting for trimming jagged edges after cutting nails with nail clippers.

[Key points for nail files]

- (1) Place the nail file on the nail vertically (90°).

Place the nail file vertically on the nail.

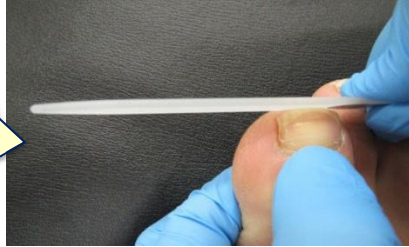
One hand holds the base of the nail.



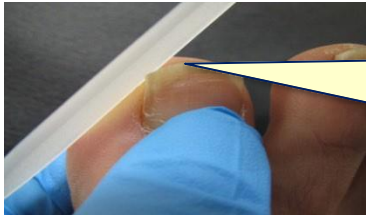
If you do not support the base of the nail with one hand, it will place strain on the nail.

(2) You can file down your nails by lightly touching them with the edge of the file, and sliding it.

Apply the file to your nail and rub it from edge to edge several times.



(3) File down your nail while checking with your fingertips to make sure that the toenail tip is smooth.



Applying the file diagonally to your nail corner can make it smooth.

We will consider together, how to adopt a comfortable posture when using your nail clippers/nail file.

- *If using a glass nail file, be careful not to drop it. (Drops may cause cracks or damage)
- *After use, wash it with a toothbrush with running water and dry it thoroughly.
- *Check for damage before use.

How to use a nail reducer

If you have a foot deformity or your walking is unbalanced, the areas under pressure will become stiff and thick. The thickness and stiffness of the areas can cause damage to the surrounding soft tissues.

The way to manage and care for a callus is as follows:

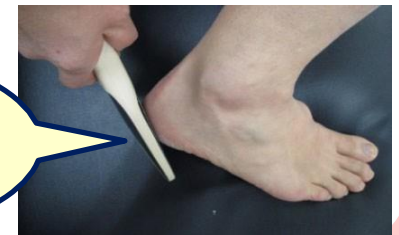
- * Adjust your shoes and insoles.
- * Apply a cream that softens the skin.
- * Care for the callus with a nail reducer.
- * Visit the Dermatology Department.



[How to use a nail reducer]

- (1) Apply a skin reducer only if your skin is not moist.
- (2) Wet the surface of the reducer lightly with water.
- (3) Scrub the surface of the callus in a circular motion without force, using the finer (non-rough) side. For the heels, scrub them entirely.

Lightly scrub using a non-rough surface.



- (4) After scrubbing 5 times, make sure to assess the skin condition by touching it with your hand.

Apply the wet reducer lightly to dry skin, and scrub using a circular motion



- (5) Be careful not to scrub too much! Stop scrubbing at the “still hard” level, compared to the surrounding skin.



To avoid excessive scrubbing, ensure that the stiff part and the surface of the reducer make contact in parallel.

- (6) If your heels or calluses quickly become stiff and painful, the procedure may be carried out every few days.
- (7) You can also apply the same care using a nail file.



For guidance on keratin care, you can consult with a nurse to determine a suitable method.

*After use, wash the surface with a toothbrush under running water and dry.

How to care for your heels

Dry air and aging lead to dry skin. In addition, people with diabetes are more prone to heel and skin dryness due to decreased sweat production from neuropathy.

Dry skin is easily damaged, and the injured skin may also become infected.

For this reason, moisturizing care to prevent dryness is necessary.



[How to care for your heels]

- (1) Wipe off moisture well after bathing.
- (2) We recommend seeing a dermatologist if your heels become rough and the skin on your feet gets caught or is cracked. Please get a prescription for a moisturizing cream, depending on your symptoms. Apply the cream little by little to the dry area.
- (3) If your heels remain rough even after applying the cream, care using a nail reducer may also be effective. (Please use the reducer after practicing with the nurse)

How to use an athlete's foot remedy



Athlete's foot (a type of mold) likes high-temperature, humid environments (particularly inside shoes). You should continue to apply the treatment patiently without interruption, because it takes a long time to cure.

It will be easier for the remedy to penetrate if you apply it after thoroughly wiping off moisture post-bathing.

[How to apply an athlete's foot remedy for nails: Lotion type]



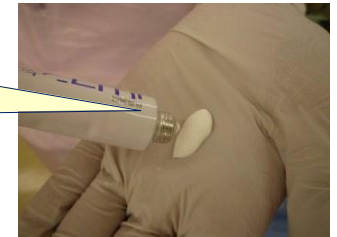
Apply a drop of the remedy to each of the 4 sites, above, below, and to the left and right of the border between the nail and skin.

Rub the remedy into the areas between the nail and skin



[How to apply an athlete's foot remedy for the skin: Cream type]

Apply a 1 - 2 cm amount of creme per foot.



Take it little by little onto your finger, and apply it to all areas between your toes.



Apply an excess amount to the entire sole of your foot. Apply the creme by spreading it thinly, and add more if it is not enough.



Apply the cream and continue spreading it well, until the color disappears. Wash your hands well after applying the remedy.



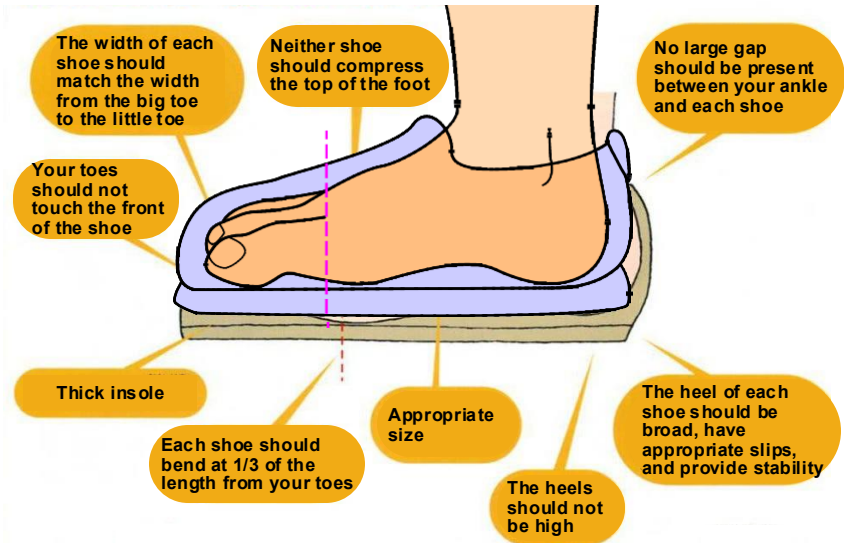
How to use an athlete's foot remedy



- *If you have an injury or liquid is coming out of your skin (oozing), stop applying the remedy and consult a dermatologist.
- *Athlete's foot may still be present on your skin, even though it may appear to have subsided. Continue seeing your doctor regularly, and do not stop applying the remedy based on your own judgment.
- *Do not share foot mats or slippers.
- *Change to clean socks every day. Also, do not wear the same shoes every day. (Rotate several pairs of shoes)

Shoes

Points for how to select and wear shoes



- (1) Choose foot-friendly shoes
- (2) Wear socks (to prevent injuries)
- (3) Check inside your shoes before putting them on
(Is anything in them, such as pebbles?)

