

Orthotic Department Tel: _____



Information for Patients

The Diabetic Foot Clinic



The Diabetic Foot Clinic

The clinic is run by a multi-disciplinary team of experienced health professionals who have a specialised knowledge of dealing with foot problems caused by diabetes.

Why have I been referred to the diabetic foot clinic?

You have been referred to the clinic because you have developed a potentially serious problem with your foot, e.g. ulcer, foot shape changes, neuropathy (loss of feeling).

What will happen at the foot clinic?

A **clinic nurse** is the person to speak to if you have any general questions about the clinic. They will remove and apply dressings from your foot. They will arrange your further appointments and medication.

A **podiatrist** will assess your foot problem. This may involve removing some dead skin to check the health of the underlying tissue. They will recommend which treatment will be best for you. Both feet will be examined, even if one seems healthy.

A **doctor** will see all new patients in the clinic. They will prescribe suitable medication and arrange further investigations, such as x-rays and blood tests.

The **diabetes nurse specialist** will provide education about the ongoing management of your foot problem and your diabetes control. The nurse specialist is the easiest person for you or your carers to contact if you have any concerns about your foot problem between appointments.

The shoes you wear are important in the prevention and treatment of foot problems. The **orthotist** will advise you which shoes to buy. If necessary they may provide you with specially made footwear.

The **vascular surgeon** checks the blood supply to your feet and arranges treatment to improve the blood flow.

You may not see everybody in the team – it all depends on the foot problem you have.

Why does the clinic team wear aprons and gloves?

Preventing the spread of infection is very important. Wearing aprons and gloves, washing hands before and after we see you helps to prevent the transmission of infection.

The clinic has emergency referrals as well as normal appointments because diabetic foot problems can deteriorate very quickly. Although we do everything we can to keep to time, booked appointments can sometimes be disrupted.

Coming to the foot clinic can make you feel concerned about your future health. Foot problems can impact on other areas of your life, such as relationships and employment. Please ask questions and the team will provide as much support and advice as possible. Feel free to bring a friend or relative with you.