

# PUTTING YOUR BEST FOOT FORWARD

Promoting Foot Health in care home settings  
Information for carers and staff



**Why is foot health important?**  
Common foot problems in older people result in:

- Decreased ability to undertake activities of daily living
- Problems with balance and walking which can lead to falls
- Increase risk of infections and skin breaks

**Foot problems may present alongside other health conditions such as:**

- Diabetes
- Vascular conditions
- Inflammatory arthritis and osteoarthritis
- Obesity
- Mental health difficulties

**How to help promote healthy feet care:**

- Frequently check and monitor the health of the person's feet
- Check foot colour, temperature and compare with the other foot
- Check the feet for bruises, breaks in skin and swelling

**Tips for promoting healthy feet:**

- Wash feet with soap and water and dry thoroughly
- Keep toenails trimmed and filed
- Apply moisturiser (cream) daily
- Ensure the feet are clean
- Encourage good fitting shoes to be worn daily
- Avoid soaking the feet or applying moisturising cream between the toes as this can cause the skin to dry out or lead to cracks and cuts



**Footwear should be:**

- Worn daily
- Well fitting
- Have a supportive foot contour and secure fastenings
- Checked regularly for a good fit, and any wear and tear
- Socks should only be worn for short periods



**If you notice any of the following foot health issues please speak to a healthcare professional e.g. Podiatrist, Medical Staff and/or Nursing Staff:**

- Skin breaks that are not healing
- Pain or discharge
- Any redness, discoloration, heat or swelling
- If a foot is colder and/or paler than normal



For further advice please contact a health care professional or your local podiatry department  
Contact details of the local HSC Podiatry Services:

BHSCT: South and East Belfast 028 9018 8208 North and West Belfast 028 9018 8190	BHSCT: Drogheda 028 6628 2111 Craig 028 6283 8008 Ferry 028 7198 8180
SEHSCT: Downpatrick 028 4401 1762 Lisburn 028 9250 1214 Newtownards 028 9181 8248 Bangor 028 9147 8127	NHSCT: Coleraine 028 7024 4831 Ballymena 028 2663 8872
SHSCT: AHP Central Booking Unit 028 3708 2444	



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On this page you will find:

- [Putting your best foot forward, promoting foot health in care home settings](#) - provides practical tips and guidance for healthy feet and checks
- [Bringing Music Activities to people living in care home settings; Covid 19 and beyond](#) - This information will provide activities and suggestions to support sensory stimulation activities and signpost to available online resources
- [Time to Hydrate](#) - regional guidance for staff to identify, manage and support optimum hydration
- [Food First; adding extra nourishment to food and drinks in care home settings](#) - information on supporting nourishment via food first approaches, snacks, tips and action plan
- [Information for carers and staff to support oral hygiene for people with swallowing difficulties](#)

## Downloads

Attachment	Size
<a href="#">20-10 PHA Music Sensory Brochure AW Revised.pdf</a>	13.61 MB
<a href="#">Time to Hydrate (web).pdf</a>	484.81 KB
<a href="#">Food First (web).pdf</a>	341.18 KB
<a href="#">How to help people with swallowing difficulties (web) 0.pdf</a>	295.3 KB
<a href="#">A3 Podiatry Poster.pdf</a>	1.12 MB

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