

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
SEHSCT: Downpatrick 028 4401 1762
Lisburn 028 9250 1214
Newburyards 028 9161 8248
Bangor 028 9147 8127
SHSCT: AHP Central Booking Unit 028 3708 2444

WHSCCT: Carrickfergus 028 6628 2111
Craigavon 028 6230 2608
Ferry 028 7198 8180
NHSCCT: Coleraine 028 7024 4831
Ballymena 028 2563 8872



Produced for the Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 505 6116 (local rate) www.publichealth.hsc.ie

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
20-10 PHA Music Sensory Brochure AW Revised.pdf	13.61 MB
Time to Hydrate (web).pdf	484.81 KB
Food First (web).pdf	341.18 KB
How to help people with swallowing difficulties (web) 0.pdf	295.3 KB
A3 Podiatry Poster.pdf	1.12 MB

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