

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 foot care:

- Frequently check and monitor the health of the person's feet
- Check foot color, 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 moisturising 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 counter and secure fastenings
- Checked regularly for a good fit, and any wear and tear
- Slippers 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 9618 8208 North and West Belfast 028 9616 6100	WHSCT: Dromiskillen 028 6628 2111 Craigavon 028 6282 6608 Ferry 028 7196 6180
SEHSCT: Downpatrick 028 4401 1762 Lisburn 028 9350 1214 Newtownards 028 9161 8248 Bangor 028 9167 6137	NHSCT: Coleraine 028 7034 4831 Ballymena 028 2663 8872
SHSCT: A&P Central Lough Linn 028 3756 3444	



Produced for the Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8EG. Tel: 0300 555 6116 (local rate) www.publichealth.hscni.net

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](#)

Remote video URL

Remote video URL

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Attachment	Size
<u>20-10 PHA Music Sensory Brochure AW Revised.pdf</u>	13.61 MB
<u>Time to Hydrate (web).pdf</u>	484.81 KB
<u>Food First (web).pdf</u>	341.18 KB
<u>How to help people with swallowing difficulties (web)_0.pdf</u>	295.3 KB
<u>A3 Podiatry Poster.pdf</u>	1.12 MB

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