

## Helpful Contacts

Diabetes Australia  
Phone (Infoline): 1300 136 588  
[www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au)

The Australasian Podiatry Council  
Phone: 03 94163111  
[www.apodc.com.au](http://www.apodc.com.au)

Diabetic Foot Australia  
[www.diabeticfootaustralia.org/](http://www.diabeticfootaustralia.org/)



**This is a guide only and does not  
replace clinical judgment**



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### References:

International Working Group on the Diabetic Foot. IWGDF Guidelines on the prevention and management of diabetic foot disease. 2019, IWGDF. <https://iwgdfguidelines.org/>

National Health & Medical Research Council. National Evidence-Based Guideline on Prevention, Identification and Management of Foot Complications in Diabetes. 2011. Baker IDI: Melbourne.

Scottish Intercollegiate Guidelines Network. Management of diabetes: A national clinical guideline. 2017. <https://www.sign.ac.uk/assets/sign116.pdf>

# Diabetic Foot Ulcers

Information for clients, family and carers



# Diabetic Foot Ulcers

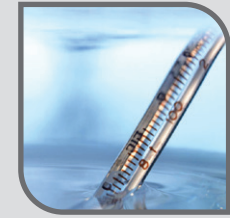
## What is a diabetic foot ulcer?

- A diabetic foot ulcer is a sore or broken skin area, often on the bottom of the foot or over bony areas
- They can occur from injury, pressure, or rubbing of skin (e.g. from shoes)
- They may worsen because of lack of feeling (neuropathy) in your feet
- Most diabetic foot ulcers can be prevented or healed quickly if they are picked up in the early stages

**Poorly fitting shoes are the most frequent cause of diabetic foot ulcers**

## ✓ Do

- See a skilled health professional to inspect feet at least once a year
- Inspect your feet and toes daily
- Cut nails straight across
- Check there are no sharp or rough edges in shoes before putting them on
- Tell your health professional as soon as possible if you notice red areas, a blister, cut, scratch or sore
- Wash and dry your feet carefully, especially between the toes
- Check the temperature of the water before putting your feet in
- Monitor blood sugar levels regularly. Healthy blood sugar levels promote healing.
- Wear your prescribed footwear, or offloading walker or orthotics
- Help your circulation by avoiding smoking, cold, and dehydration (drink six to eight glasses of water daily)



## ✗ Don't

- Do not walk indoors or outdoors without socks and shoes
- Do not use plasters to remove calluses—see a health professional
- Do not use a heater or hot water bottle to warm your feet
- Do not wear shoes and socks that are too tight or too loose
- Do not wear socks with seams

