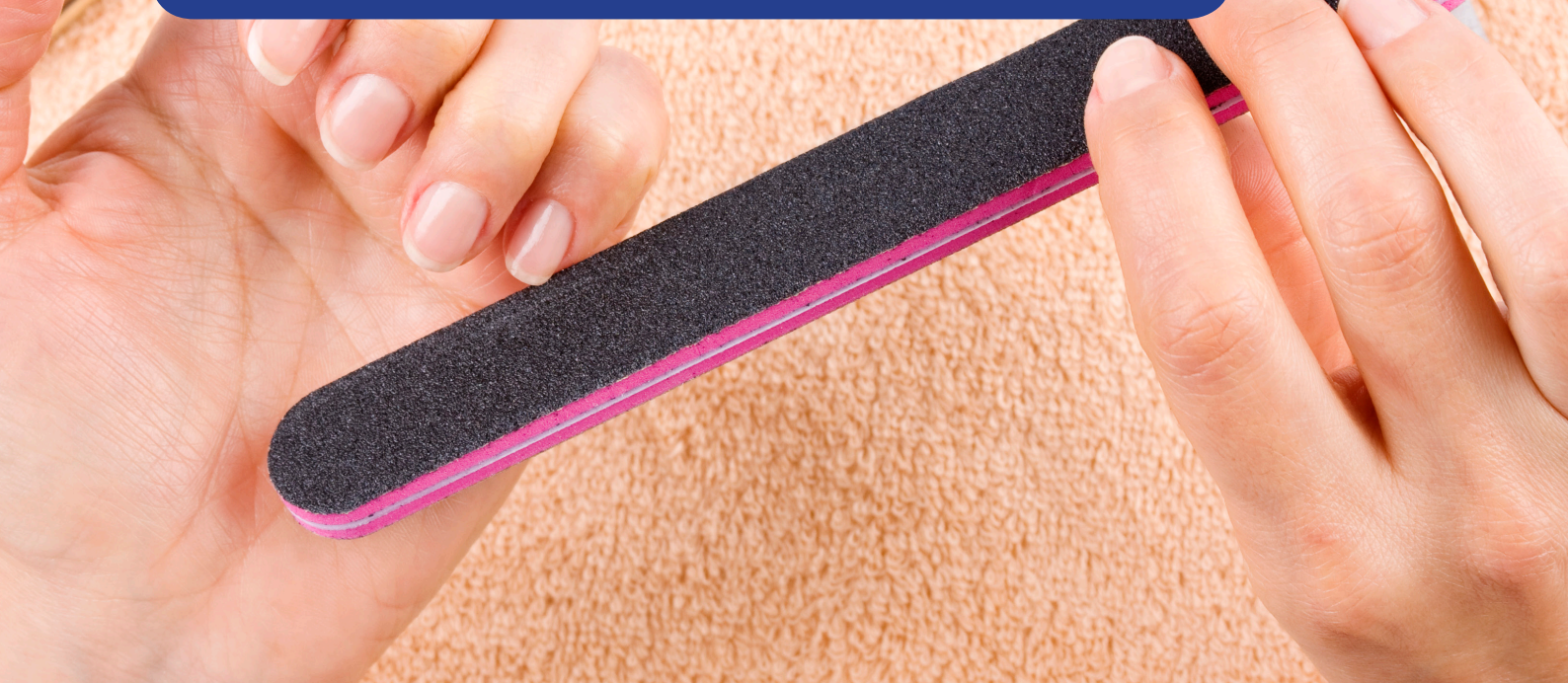


# 13. MY FEET AND HANDS

Many people need help to look after their nails.



**This checklist can be downloaded from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk).**

It is free to use for personal use and with people you support.

People with diabetes are at higher risk of having problems with their feet.

It is important that people with diabetes see a chiropodist for a regular check up.



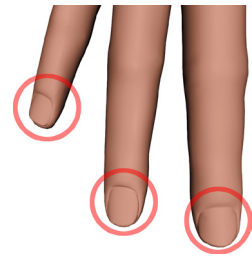
Chiropody is available on the NHS free of charge. People with diabetes are treated as a priority.

If your condition affects your health or mobility you should get free treatment.

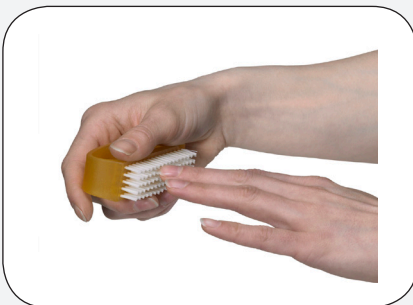
# THINGS TO CHECK

1

Do you need more support to look after your nails?



You may need help with your fingernails and toenails.



You may need support to keep your nails clean.



Long toenails can make shoes uncomfortable and walking difficult.



If you have diabetes your toenails should be cut by a chiropodist.

Diabetes can limit the blood supply to your feet and cause a loss of feeling. This can mean foot injuries do not heal well, and you may not notice if your foot is sore or injured.



2

Has anyone noticed a problem with your hands?



You may have painful hands, or struggle to do everyday things like hold a pen.

Arthritis is a common condition that causes pain and inflammation within a joint.

3

Do you have a foot condition you need more support with?



Common foot conditions include veruccas, athlete's foot and bunions.



A bunion is a bony deformity of the joint at the base of the big toe.

Talk to your doctor about any problems you have with your feet or your hands.



## THINGS TO CHECK

4

Has anyone noticed a problem with your feet?



People may not be able to say they have a problem.



Do you seem uncomfortable when walking, or are you less keen to go out or walk?



Do you have comfortable footwear that fits well? Might you need specialist shoes?

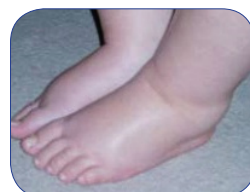


Do your feet smell? You may need help with hygiene and wearing clean socks each day.

Talk to your doctor about any problems you have with your feet.

Do you get swollen ankles?

This can mean you have a problem with your blood circulation.





## Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are videos and Easy Read leaflets about feet designed by many different organisations.

Look in the 'Health videos' and 'Health Leaflets' section.



[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

# USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from [www.sunderlandactionforhealth.co.uk](http://www.sunderlandactionforhealth.co.uk)

The Health Action Planning toolkit is free to use.

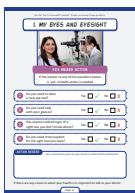


- There are 20 other checklists in the series covering a wide range of health issues.

There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

**NHS**  
**Sunderland**  
**Clinical Commissioning Group**

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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- Some photosymbols used - go to [www.photosymbols.com](http://www.photosymbols.com)