



Levern Wound Care Program

HEALING IS YOUR JOURNEY

DIABETES MANAGEMENT

Diabetic foot ulcers (DFU) are wounds that usually occur on the bottom of feet. They can be shallow or deep exposing, tendons and bone. DFU's can be caused from uncontrolled blood sugar, diabetic neuropathy (loss of feeling), poor circulation, shoes that do not fit right (too big or small)

Symptoms

- Open sores or wounds on the feet
- Red or swollen areas of skin
- Thick, callused skin
- The wound may not be painful due to nerve damage



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DIABETIC FOOT ULCERS

Treatment and Prevention of Ulcer

- Control blood sugar levels
- Inspect feet daily; use a mirror to see entire foot
- Avoid walking barefoot
- Have a certified nurse cut toe nails
- Access wound care and medical treatment from a doctor or nurse



Footwear

- Shake out your shoes before you put them on.
- Wear shoes at all times, indoors and out.
- Buy shoes with closed toes as they protect your feet from injury.
- Change your socks every day.
- Buy shoes late in the day as feet tend to swell.
- Have your shoes professionally fitted by a footwear specialist.

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