



أمانة للرعاية الصحية
Amana Healthcare
Brought to you by M42

Diabetic Foot Program



For more information,
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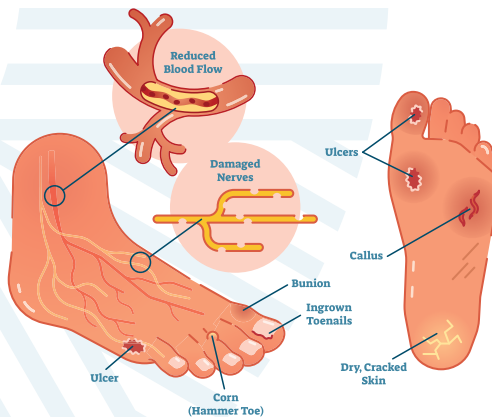


Our Diabetic Foot program is designed to support patients through regular visits by Amana Healthcare's network of doctors, nurses, rehabilitation experts, and wound care specialists across both home care and inpatient facilities.

We offer comprehensive foot assessments in both settings to address patients' unique needs, ensuring that they receive the best care possible. Additionally, we support families through social work, care coordination, and provide follow-up visits once patients transition to home care.

What is diabetic foot?

Diabetic foot refers to foot problems, like ulcers or sores, that occur due to nerve damage or poor blood flow in people with diabetes. When diabetes, cholesterol, and blood pressure are well managed, and with regular foot checks by a specialist, the chances of developing serious foot issues can be greatly reduced.



Nerve damage from diabetes can make it difficult to feel things like small objects in your shoes, which can cause blisters or sores. If not treated properly, these can turn into infections or wounds that don't heal, which may lead to the need for amputation. Additionally, poor blood flow from diabetes makes it harder for your feet to heal injuries or fight off infections.

How to care for your diabetic foot?



Check your feet daily: Look for cuts, redness, swelling, sores, blisters, corns, calluses, or any other changes to the skin or nails. Use a mirror or ask a family member to help if you can't see the bottom of your feet.



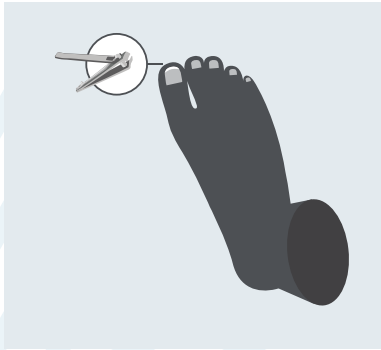
Wash your feet daily: Use warm (not hot) water, and avoid soaking your feet. Dry them thoroughly, especially between the toes, and apply lotion to the top and bottom of your feet, but avoid putting lotion between the toes to prevent infection.



Always wear shoes: Never go barefoot. Wear shoes, socks, or slippers at all times, even indoors, to protect your feet from injury. Check your shoes for any objects inside and ensure the lining is smooth.



Wear well-fitting shoes: Try on new shoes at the end of the day when your feet are at their largest. Break in new shoes gradually, wearing them for an hour or two a day until they're comfortable. Always wear socks with your shoes.



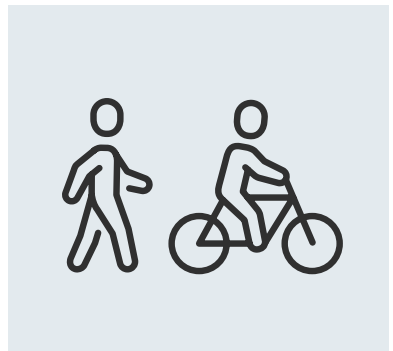
Trim your toenails: Cut them straight across and smooth any sharp edges with a nail file. If you can't reach or see your toenails, ask your podiatrist to trim them for you.



Don't remove corns or calluses: Avoid removing them yourself or using over-the-counter products, as they could damage your skin.



Keep the blood flowing: While sitting, elevate your feet and wiggle your toes several times a day to improve circulation.



Engage in foot-friendly activities: Activities like walking, biking, or swimming are good for your feet. Always check with your doctor before starting any new activities to make sure they're safe for you.

Your Amana Healthcare nurse, tissue viability nurse, occupational therapist, physiotherapist, doctor or dietician can help you plan your care to prevent or treat diabetic foot.

Watch out for:

If you notice any of these changes you should notify your doctor or your Amana Healthcare nurse:

- Changes in skin color on the foot
- Swelling in the foot or ankle
- Temperature changes in the feet
- Persistent sores on the feet
- Pain or tingling in the feet or ankles
- Ingrowing toenails
- Athlete's foot or other fungal infections of the feet
- Dry, cracked skin on the heels
- Signs of infection

What Can Amana Healthcare's Multidisciplinary Team Do for You?

Amana Healthcare's multidisciplinary team works together to provide comprehensive care and support across various healthcare needs. Here's how they can help:

- **Personalized Care Plans:** Our team of doctors, wound care nurses, physiotherapists, occupational therapists, dietitians, and other specialists will work with you to create a care plan tailored to your specific needs and health conditions.
- **Regular Assessments and Monitoring:** We provide ongoing assessments and monitoring to ensure your condition is managed effectively, whether in the hospital or at home. This includes regular check-ups and adjustments to your care plan as needed.
- **Chronic Disease Management:** Our team helps manage chronic conditions like diabetes, hypertension, and respiratory issues, offering guidance on medication, lifestyle adjustments, and self-care techniques.
- **Rehabilitation and Therapy:** Physiotherapists and occupational therapists assist with improving mobility, strength, and independence, ensuring you are as comfortable and active as possible.
- **Support for Families:** Social workers and care coordinators help guide and support families, making sure they have the resources and information needed to care for their loved ones at home.

- **Specialist Consultations:** You have access to a wide range of specialists, such as physicians, dieticians, and wound care experts, to address specific health concerns and improve overall quality of life.
- **Education and Training:** We educate patients and families on managing conditions, preventing complications, and improving overall health, ensuring that everyone is well-informed and empowered to take charge of their care.
- **24/7 Support:** Our team is available around the clock to assist with any urgent health concerns, providing peace of mind knowing that care is always accessible when needed.

