



Northumbria Healthcare
NHS Foundation Trust

Specialist footwear information for people with Diabetes

Issued by Northumbria Diabetes Service



Specialist Footwear

This leaflet has been produced for people with diabetes who have been provided with specialist footwear. You and the podiatrist/orthotist have already discussed the options and agree that this is one choice available to you.

- The benefit of wearing these shoes is that they are made to fit the shape of your feet which will protect them.
- They are made to a clinical prescription and should be worn according to the instructions given to you by your podiatrist/orthotist.
- You should wear these shoes most of the time to reduce the risk of damage to your feet.

Wear gradually at first

All footwear must be worn for short periods at first.

- For the first week wear your footwear for 30 minutes each day then take your socks and shoes off and check your feet.
- After the first week, gradually increase the length of time you wear your footwear by 1-2 hours each day until you can wear them all day.

Check Feet

- Due to your diabetes you may have loss of feeling or reduced blood supply to your feet. This makes your feet more at risk of injury.
- Each time you take off your footwear check your feet. It is important to look for changes in your skin such as blisters, cuts, redness or swelling.
- If you find any changes you should stop wearing your footwear immediately and contact the podiatry department for an appointment.

Check Footwear

- It is important to check your shoes each time before you put them on to avoid the risk of injury to your feet.
- Check the bottom of the shoes to ensure that no foreign objects such as a pin, nail or glass have pierced the outer sole. Also check inside the footwear for any loose objects or damage to the insole or lining of the shoe.
- If you notice any undue wear to your footwear you should tell your podiatrist at your next appointment.
- All repairs or adaptations will be undertaken by whoever provided the footwear to ensure prescription details remain constant.
- You will be provided with a second pair when you and the person who prescribed them are happy with the comfort and fit of the first pair. This will enable you to wear one pair of footwear while having the other pair repaired.
- Alternate wearing your shoes prevent excessive wear or damage, try not to keep one pair for 'best'.

Care of your footwear

- Leather footwear should be polished regularly.
- Nubuck and suede footwear should be cleaned using brushes and specialist cleaners – available at most shoe shops.
- Wet footwear should be allowed to dry thoroughly before wearing. Dry in well ventilated area at room temperature. Do not put footwear on a radiator, near a fire, in a tumble dryer or in an airing cupboard. Mud and heavy soiling should be removed with a damp cloth before footwear are left to dry.

Contact Information

Should you need help or advice, contact the Podiatry Department at:-

North Tyneside General Hospital

Diabetes Main Reception: 0191 2932705

Wansbeck General Hospital

Diabetes Team Office:

01670 529 368

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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