Shropshire Community Health
NHS Trust

Press Release

DATE

Shropcom and SaTH are putting feet first during awareness week

The Podiatry teams at Shropshire Community Health Trust (Shropcom) and Shrewsbury and Telford Hospitals (SaTH) are putting feet first this week by raising awareness around diabetic feet.

To highlight the problems associated with a diabetic foot, the two Podiatry Teams have joined forces to organise Diabetic Foot Awareness Week which started today.

To raise knowledge among staff and the public, the team organised a conference for Shropcom and SaTH staff that treat diabetic foot ulcers to discuss diabetic foot complications and treatments.

A roadshow is also taking place throughout the week, where members of the team will be visiting GP surgeries to educate staff and information will also be displayed in surgeries as well as community clinics and hospitals.

Nichola Beard, Advanced Specialist Podiatrist, said: “Every week there are approximately 170 amputations caused by diabetes, which means every hour someone in the UK loses a leg, foot or toe.

“Diabetes UK say that over 80% of amputations can be prevented which is why it’s extremely important for diabetic patients to ensure they have regular checks.

“At Shropcom, every diabetic patient over the age of 18 has access to a foot screening test with a podiatrist where their feet will be assessed for any complications. If a complication is found, the patient is then referred to a podiatrist for regular checks.”

Dr Rangan Consultant Endocrinologist & Diabetologist said: “Diabetes can affect feet in two different ways. Firstly they can affect nerve endings resulting in some people losing sensation in their feet, it’s not uncommon for staff to find things like screws and bottle caps inside patients shoes which could result in the foot becoming infected.

“Diabetes also affects circulation where the blood supply to the feet gets less and less; due to this skin quality can reduce which makes the foot more vulnerable to wounds which would take longer to heal.”

If someone has diabetes, there’s many ways they can help to prevent an amputation.

Nichola said: “It’s important for patients attend their screening appointments and check their feet daily for any abnormalities such as breaks in the skin or discolouration.

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“It’s important that feet are protected by wearing shoes that fit well, and if there is a problem with a patients foot urgent medical attention is vital as time is tissue – the sooner a problem is found, the easier it is to treat.”

For more information about diabetic feet, head to the dedicated page on the Shropcom website - http://www.shropscommunityhealth.nhs.uk/podiatry.

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Notes to Editors:

Shropshire Community Health NHS Trust is the NHS organisation responsible for providing community health services to the people of Shropshire, Telford and Wrekin.

For more information contact the Communications Team at shropcom.communications@nhs.net.