

PATIENT EDUCATION BOOKLET ASSEMBLY INSTRUCTIONS

Enclosed are 4 pages of sketches that, when assembled properly, will create a 5 1/2" x 8 1/2" booklet on **Proper Foot Care for a Diabetic with Loss of Protective Sensation**. All that is missing is for you to fill in a phone number on page 2 and provide a front and back cover.

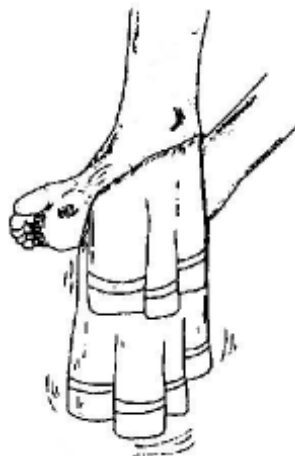
Instructions:

1. Make a double-sided copy of pages 1 to 2 and pages 3 to 4. The pages are arranged and printed in order in this document.
2. On page 2 enter a phone number to complete the instructions for "call _____ to report a problem".
3. Produce a cover page for the booklet with your logo, etc. It is preferable to make the cover a different color as well as with a heavier paper. You will have space to write what you want on the front and back covers.
4. Arrange the booklet as follows:
 - Place the cover down first.
 - Place doubled sided page 1 with "look between your toes" facing up in the upper left corner.
 - Last, place double sided page 2 with "check inside of shoes before wearing them" facing up in the upper left corner.
5. Fold the pages length ways and staple the seam to create the 5 1/2" x 8 1/2" patient education booklet.
6. Verifying correct assembly:
 - Page 1 should be "CHECK YOUR FEET"
 - Page 2 should be "LOOK BETWEEN YOUR TOES"
 - Page 3 should be "SHOE SELECTION"
 - Page 4 should be "CHECK INSIDE OF SHOES"
 - Page 5 should be "SKIN CARE"
 - Page 6 should be "TREAT DRY SKIN"
 - Page 7 should be "NAIL CARE"
 - Page 8 should be "CORN AND CALLOUS CARE"

Note: This information is public and can be modified in any way to fit your needs without additional approval.

CORN AND CALLOUS CARE

RUB GENTLY WITH
A DRY TOWEL



IF YOU HAVE CORN OR CALLOUS BUILDUP, GO TO
THE FOOT CLINIC MONTHLY TO GET THEM
TRIMMED

HAVE YOUR FEET CHECKED EVERY TIME YOU SEE
YOUR DOCTOR

CHECK YOUR FEET

EVERY DAY



TOP AND BOTTOM

YOU MAY NEED HELP



NAIL CARE



LOOK BETWEEN
YOUR TOES

CUT TOENAILS
STRAIGHT ACCROSS



CUTS
BLISTERS
SORES
SWELLING
DRY SKIN
CRACKS



SMOOTH EDGES WITH
EMERY BOARD



CALL _____ TO
REPORT A PROBLEM



SKIN CARE

**CHECK INSIDE OF SHOES
BEFORE WEARING THEM**



CHECK WATER TEMPERATURE



**WEAR CLEAN SOCKS WITH
NO HOLES, SEAMS,
WRINKLES OR MENDINGS**



**WASH FEET EVERY DAY
PAT DRY WITH A TOWEL**

NO!



PLASTIC - FLIP FLOPS - POINTY TOED

BAREFOOTED

DRY BETWEEN TOES



SHOE SELECTION

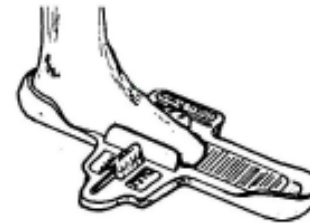
TREAT DRY SKIN WITH AN
APPROPRIATE LOTION



WARM COLD FEET



SHOES THAT FIT PROTECT
YOUR FEET. THERE
SHOULD BE A THUMBS
WIDTH BETWEEN THE END
OF THE SHOE AND THE
END OF THE TOE



MAKE SURE SOMEONE MEASURES
YOUR FOOT FOR YOU.
DON'T RELY ON HOW THE
SHOE "FEELS"

HAVE THE HEALTH CARE
PROFESSIONAL CHECK
YOUR SHOES BEFORE
YOU WEAR THEM

