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

NO!

CORN PLASTERS
LOOK BETWEEN YOUR TOES
CUT TOENAILS STRAIGHT ACROSS
SMOOTH EDGES WITH EMERY BOARD
CUTS Blisters Sores Swelling Dry Skin Cracks

CALL ______________ TO REPORT A PROBLEM

NO!
RAZOR BLADES
KNIFE
SCISSORS
CHECK INSIDE OF SHOES BEFORE WEARING THEM

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

CHECK WATER TEMPERATURE

WASH FEET EVERY DAY
PAT DRY WITH A TOWEL

DRY BETWEEN TOES

NO!

PLASTIC - FLIP FLOPS - POINTY TOED

BAREFOOTED
TREAT DRY SKIN WITH AN APPROPRIATE LOTION

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

SHOE SELECTION

WARM COLD FEET

MAKE SURE SOMEONE MEASURES YOUR FOOT FOR YOU. DON’T RELY ON HOW THE SHOE “FEELS”

NO!

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

HEATING PAD
HOT WATER BOTTLE
SOAKING