

Lesson Plan: Keeping Your Feet Healthy



Handout and Key Points

Handout to use: [Keeping Your Feet Healthy](#)

This two-page education handout is designed to complement the conversation between the educator and participant. Download copies at no cost using the link above.

Key Points to Discuss:

- Check your feet every day.
- Get help if you find a foot problem.
- Quit using commercial tobacco or never start.
- At each clinic visit, take off your shoes and socks.
- Wear shoes indoors and outdoors.
- Protect your feet from hot and cold.

Objectives and Goal Setting

Objectives

By the end of this lesson, the participant will be able to:

1. Describe 2 or more daily self-care actions to prevent foot problems.
2. Identify at least 2 types of foot problems that should be checked by a member of the health care team.

Goal Setting

Participant will identify steps to take care of their feet and set a goal to get started.



Keeping Your Feet Healthy



Educator Resources

IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Foot Care](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.
- [Diabetes Foot Care Online CME/CE Training](#). This training provides in-depth information on foot care treatment and prevention of injuries for people with diabetes. It includes videos, treatment algorithms, and clinician and patient education materials. CME/CE credit is available.

Looking for additional materials?

- [Diabetes and You: Healthy Feet Matter!](#) [PDF– 471 KB]
Two-page online printable tip sheet provides a to-do list for healthy feet and promotes working with health care team to set and reach goals to manage blood sugar, blood pressure, and cholesterol. Source: National Diabetes Education Program
- [Diabetes Awareness](#)
Find a variety of resources on this website that will help you know how to monitor your feet and prevent complications. Source: American Podiatric Medical Association
- [Diabetes and Foot Problems](#)
Clear information and photos with easy-to-understand answers to common questions patients may have regarding diabetes and foot care. Includes tips on how to take care of feet at-home, when to consult with a health care provider and more. Source: NIH: National Institute of Diabetes and Digestive and Kidney Diseases.
- [What to Expect at a Foot Exam](#)
Online printable article that describes the components of a comprehensive foot exam. Source: Diabetes Forecast



Participant Materials and Handouts

IHS Division of Diabetes Treatment and Prevention Resources

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- Keeping Your Feet Healthy
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

