

## Looking after your feet and Touch the Toe Test.

The Touch the toes test is quick and easy, designed to assess sensitivity in your feet, and can be done in the comfort of your own home!

The test simply involves very lightly touching six toes, three on each foot as shown to find out how many of the touches are felt. Importantly the touch must be gentle, light as a feather and brief.

### Why is sensitivity important?

Sensitivity is an important way that the body can alert you to other problems. Sensations, like sharp pain or throbbing, can tell you when you may have damage to a part of your body. In the case of feet, pain could be due to a burn, blister or cut and because you feel it you can take prompt action and appropriate treatment.

If sensation is impaired you may not realise if minor damage has occurred and left unknown and untreated the risk of infection is increased. Infections and ulcers are also painful – but not if that part of the foot also lacks sensation.



Knowing if you have impaired sensitivity requires you to rely more on regular visual checking for discoloration or swelling for instance.

It is important to remember that impaired sensation itself does not cause infection and ulceration.



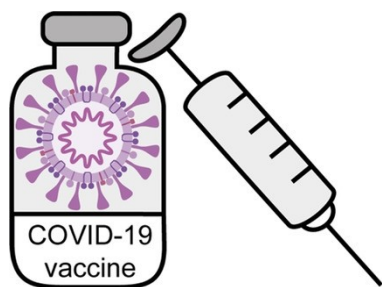
You can receive a copy in the post by calling Diabetes UK Careline on 0845 120 2960

*Next issue; April 2021  
A year on from Covid19!*

**DESMOND** Education  
FREE virtual online course designed to increase an individual's knowledge of type 2 diabetes but also encourage them to develop the skills to help effectively self-manage the condition  
For further information on the DESMOND programme or to process a referral please contact us via the following methods:  
**Email:** [desmondreferrals@nottshc.nhs.uk](mailto:desmondreferrals@nottshc.nhs.uk)  
**Tel:** 01623 484837  
If in doubt about DESMOND as the experts!



# Diabetes support Group Newsletter for the Rushcliffe Locality - January 2021



Some of you may already have received a letter inviting you for the first dose of your COVID vaccination (and for those of you that haven't yet, you will receive it in due course). It is of course patient choice as to whether you have the vaccination but we would recommend that you do this at your earliest opportunity if you are intending on taking it up.

Please follow the link on your letter to book your vaccination appointment.

Please do not contact your practice direct in relation to this as they are unable to book it for you.



Welcome to our first newsletter for people who have diabetes, for carers and supporters living within the Rushcliffe CCG.

The year 2020 had been such a challenging one for most individuals but those people with a long-term condition such as diabetes have faced incredible challenges since the first National Lockdown in March of last year. The aim of this newsletter is to provide further support to people, in addition to the groups that are available in surgeries/Health centres across the community.

If you're living with diabetes, you may find that some of your routine appointments have been cancelled or delayed because of the coronavirus pandemic. This means you may have missed appointments to get your HbA1c tested. If you have changed the way you are managing your condition and you haven't had a blood test recently, it's important to speak to your GP and request one.

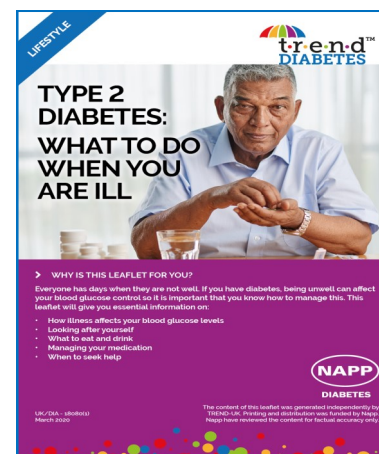
Most routine appointments like your annual diabetes review may have been delayed or postponed but you should be able to reschedule as things start to go back to normal.

### Keeping well with diabetes.

As well as trying to keep blood glucose levels to your individual target and Cholesterol (blood fats) and Blood pressure levels as low as possible, keeping active and feeling well is important. Sometimes new or a change in medications/doses can change how you feel. Support from your local pharmacist should be available and follow recommended guidance for self-care if access to your GP practice is not possible.

If you do get coronavirus, it's important that you follow your sick day rules. This will help you to keep your blood sugars in range as much as possible, so you can stay well and fight the virus!

You can download the leaflet below by clicking [here](#) or contact your local GP surgery for more information



### Looking after yourself if you are unwell and living with diabetes

**Rest:** avoid strenuous exercise

**Prevent dehydration** by drinking plenty of sugar free fluids. Sip gently throughout the day (at least 2 ½ to 3 ½ litres or 4 to 6 pints in 24 hours)



### Treat symptoms

such as a high temperature or a cough with basic over-the-counter medicines such as painkillers and cough syrups. These do not have to be sugar-free varieties as they contain very little glucose and are taken in small quantities. Ask your pharmacist for advice

**Contact your GP** if you think you have an infection as you may need antibiotics

If you are able to **monitor your blood glucose**, check at least 4 times daily while you are unwell

You may need to **adjust your diabetes medication** while you are ill

**Seek medical help** if your readings remain higher than usual, you feel very unwell and you are not sure what to do

