

Control IT Plus

Self-management programme designed to support people with high blood glucose results manage their condition.

Live IT Plan IT
Move IT Know IT
Control IT
Eat IT



What our patients say...

“ I thought that the sessions were excellent and I really liked being able to participate from my own home using teams.”

“ Useful information for someone newly diagnosed with Type 2 Diabetes.”

“ I enjoyed the sessions they were very helpful in what I was looking for just looking forward to getting my book so I can have a good read at it thanking you all.”

Contents

Welcome	5
Know IT Plus	6
• What is Diabetes?	6
• Symptoms of high blood glucose	7
• How you feel	7
• Types of Diabetes	7
• Prevalence of Diabetes	7
• Long Term Complications and Managing Diabetes	8
• How do you control blood glucose levels, blood pressure and cholesterol?	8
• Medication to control Diabetes	9
• Annual Review	9
• Key Messages	9
Eat IT	10
• Food Labelling	13
• Portion sizes	14
• Managing your weight	15
• Remission of Type 2 Diabetes	16
• Key messages	16
Move IT	17
• Benefits of exercising for diabetes	19
• Key messages	21
Toe IT	22
• Risk Factors	22
• Diabetes and Personal Foot Care	23
• Key messages	25
Plan IT	26
• An action plan to be SMART	26
• Goal Setting Sheet	27
• Key messages	28
Live IT	29
• Useful Websites and Contact Details	29
• Are you looking after someone?	31
• Financial advice or finding work/getting back into employment?	31
• Support Groups	31

Welcome to your Control IT PLUS participant pack

Welcome to your Control IT PLUS participant pack.

Control IT PLUS is a lifestyle programme aimed at people who are newly diagnosed with type 2 diabetes or are at risk of developing type 2 diabetes.

The main aim of Control IT PLUS is to give you a better understanding of type 2 diabetes and how to self-manage your condition. This booklet summarises all the topics covered during the Control IT PLUS session which include:



Understanding what is type 2 diabetes and the short/long term effects of high blood glucose



Have a better understanding of healthy eating and how your diet impacts on blood glucose levels and health



To be aware of the **benefits of exercise and keeping active**



How and why it is important to **look after your feet**



Goal setting and how to make realistic changes to your lifestyle



Information on how to access additional support in your local area.

Remember that you play the most important role in self-managing your diabetes. We hope you enjoy the session.

Best Wishes,

The Control IT PLUS Team.

Live IT Plan IT
Move IT Know IT
Control IT
Eat IT
PLUS

What is Diabetes?

Diabetes is a condition where blood glucose levels are higher than normal due to the insulin your body produces not working properly and your pancreas not producing enough insulin.

- **Insulin does not work properly** when the cells of the body do not react to insulin as they should. This is usually due to being overweight; this is known as insulin resistance
- **Lack of insulin** occurs when the pancreas (the gland that makes insulin) does not produce enough insulin.

The next few questions will help you understand the answer to “**what is diabetes?**”

What causes Diabetes?

Being overweight is the biggest cause of diabetes. If you have a family history of diabetes you are more likely to develop it. As you get older your risk of developing diabetes goes up.

What is the pancreas?

The organ in the body which produces the hormone insulin.

What is insulin?

Insulin is the hormone made by the pancreas. Insulin acts as a key to move glucose from the blood to the body's cells to be used for energy. Insulin controls the blood glucose levels in the body keeping them stable and within normal limits.

What is glucose?

Glucose is your body's main source of energy. It comes from carbohydrates.

What is a carbohydrate?

A Carbohydrate is an important source of food and energy.

- Starchy carbohydrates which include bread, rice, pasta, potatoes and cereals
- Sugars which include natural sugars (e.g. fruit and milk) and added sugars (e.g. table sugar) and anything containing sugar such as cakes, sweets and sugary drinks.

Carbohydrates breakdown to produce glucose, which is the body's main source of energy.



Symptoms of high blood glucose

If your blood glucose levels are high you may notice some of the following symptoms:



Thirst



Increased need to urinate (need to visit the toilet more often)



Tiredness



Blurred vision



Recurring infections



Occasionally weight loss

Someone with type 2 diabetes may have the symptoms for several years before it is diagnosed and some people do not experience any symptoms at all.

How you feel

Everyone feels differently when diagnosed with diabetes. You may feel anxious, angry or have low mood. Learning more about the condition and how you can control it will help you feel better. Speak to your GP or Practice Nurse if you need more help in coming to terms with the diagnosis.

Types of Diabetes

You have type 2 diabetes but there are other types. These include type 1 diabetes, secondary diabetes and gestational diabetes.

Type 2 Diabetes and pregnancy

Women who have type 2 diabetes planning pregnancy must see their GP to be referred to a pre-pregnancy clinic. It is important that diabetes control is excellent before conception to ensure the mother and baby are healthy. Women who have type 2 diabetes and become pregnant must see their GP immediately.

Prevalence of Diabetes

About 5.5% of the population have type 2 diabetes. Of the total number of people with diabetes.



90%
have type 2 diabetes



10%
have type 1 diabetes



Long Term Complications and Managing Diabetes

If blood glucose levels, blood pressure and cholesterol are not controlled there is a risk you will develop one or more complications of diabetes. Blood vessels and circulation can be affected and this can cause blood vessels to become blocked. This can lead to a heart attack, stroke, damage to kidneys, eyes and your feet. High blood glucose levels can also cause nerve damage especially to your feet.

Blood Glucose Levels

Your HbA1c will be checked at least once a year. This is a blood test which measures the average amount of glucose in your blood over the last 3 months. It should be less than 53 mmol/mol. Many years of research have shown that achieving this level reduces your risk of developing complications.

Blood Pressure

Your blood pressure will be checked at least once a year. Blood pressure is the pressure in your blood vessels when your heart is pumping the blood around your body. Your blood pressure should be 130/80 or less. This level reduces your risk of developing complications.

Cholesterol

Your cholesterol will be checked at least once a year. Cholesterol is a type of fat which your body needs but if it is too high this can lead to complications. Your cholesterol should be 4 or less. This level reduces your risk of developing complications.

How do you control blood glucose levels, blood pressure and cholesterol?

- Eat a healthy diet (reducing sugar and salt)
- Increase activity levels
- Lose weight if you need to
- Take prescribed medications
- Stop smoking if you smoke
- Attend review appointments to monitor your diabetes.

You play the most important role in controlling your diabetes by doing what you can to meet the targets we have discussed.

Medication to control Diabetes

There are medications available to help control diabetes when lifestyle changes are not enough. Your GP or Practice Nurse will discuss what is the best medication for you if you need it.

Annual Review

You will be called at least once a year to have your diabetes control checked. This is called an annual review. This will include checking:

- HbA1c
- Blood Pressure
- Cholesterol
- Urine sample (for protein)
- Weight
- Smoking status.

You will also receive appointments for Retinal Screening (eyes) and Foot Screening. This may be done out with your GP surgery.

Key Messages



- Diabetes is a long term condition, but you can take steps to lessen its impact
- Diabetes is when blood glucose levels are raised consistently over a period of time, due to insulin not working effectively to lower blood glucose levels and the pancreas not producing enough Insulin
- Glucose comes from carbohydrate and is the body's main source of energy
- The symptoms of high blood glucose levels are; thirst, tiredness, frequency of urination, blurred vision and recurrent infections
- There are different types of diabetes. You have type 2 diabetes. Others include type 1, gestational and secondary
- Having high blood glucose over long periods of time can lead to long term complications where your blood vessels, eyes, heart, kidneys and feet can be damaged
- It is important to control blood glucose levels, blood pressure and cholesterol to reduce the risk of developing long term complications of diabetes
- It is important to attend appointments to monitor your diabetes in order to reduce the risk of developing long term complications
- It is important to attend for your annual review appointment to monitor control of your diabetes.

Eat IT



Yellow Section Potatoes, bread, rice, pasta, chapattis and other starchy carbohydrates



- Best choices are wholemeal, wholegrain or brown rather than white
- Main source of energy, fibre and other nutrients
- We digest them slower - so they make you feel fuller longer.

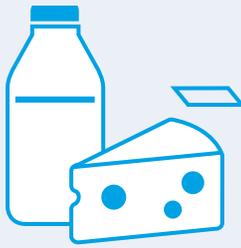
Green Section Fruit & Vegetables



- Eat 5 a day – aim to eat at least five portions every day e.g 3 vegetable portions and 2 fruit portions
- A portion is a small handful (80g)
- Fresh, canned, dried, frozen and one small glass of pure juice can all count towards the 5 a day
- Essential for good health.

Blue Section

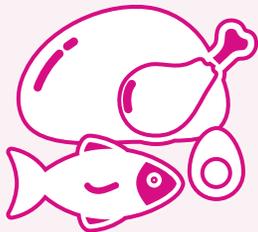
Dairy and alternatives



- Choose lower fat versions i.e. semi skimmed milk, low fat yoghurt
- Check low fat versions such as yoghurt for added sugar. Try to choose unsweetened yoghurt and add fruit if you want it to taste sweeter. For dairy alternatives like soya milk, opt for those that are unsweetened and fortified with calcium.
- This group does not include butter, margarine, cream or ice cream.

Pink Section

Beans, pulses, fish, eggs, meat and other proteins



- Choose lean cuts of meat, cut off visible fat and skin and choose lower fat products such as lean mince
- Aim to eat 2 portions of fish per week (2 x 140g) one of which should be an oily fish i.e. salmon, trout, herring, kippers, mackerel
- Bean, peas and lentils are in this group along with Quorn, tofu, soya mince and nuts

Purple Section

try not to fry or add too much fat when cooking



- Try to eat foods in this group less often and only in small amounts. Fats and oils are essential but we generally eat too much saturated fat
- All spreading fats and cooking fats/oils are in this group. Spread all fats thinly and try not to fry or add too much fat in cooking
- Unsaturated fats are healthier fats that are usually from plant sources and in liquid forms as oil, e.g. rapeseed and olive oil. Swapping to unsaturated fats will help to reduce cholesterol in the blood. Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake
- All types of fat are high in energy (calories) and should be limited

Foods high in fat, sugars and salt

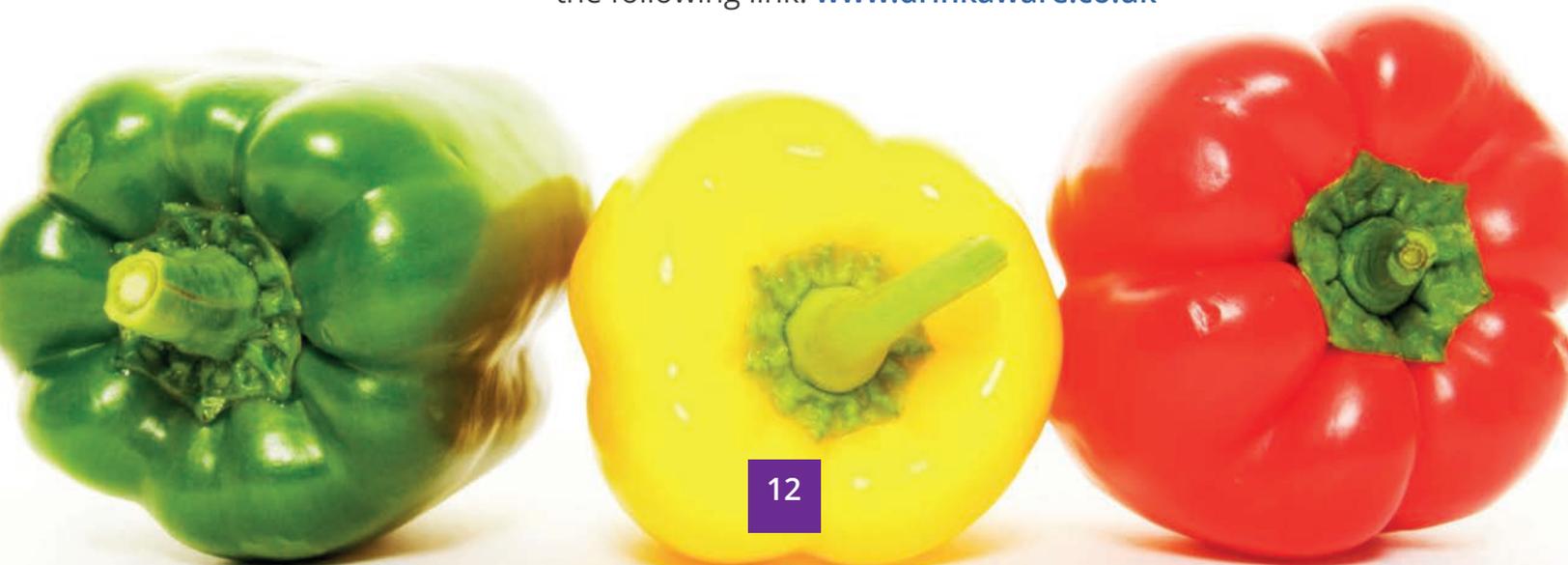


- These foods contain a lot of energy (calories) particularly when you have large servings and can contribute to becoming overweight.
- High fat foods include biscuits, cakes, pastries, pies, crisps, savoury snacks and cream - try to limit their consumption by having less often and in smaller amounts.
- These foods can contribute to raised cholesterol levels and should also be limited.
- High sugar foods include sweets, chocolate, jalebi, bakhlava, jams and honey - these foods should be eaten less often and in smaller amounts.
- Full sugar drinks (still and fizzy) can be swapped to diet and sugar free versions.
- High sugar food and drinks also contribute to dental decay.
- Try not to add salt both during cooking and at the table. Avoid low salt products as they have a weaker flavour so could mean you would be using more salt which can affect your blood pressure levels.

Fluid and Hydration



- Aim for 6-8 glasses of fluid daily (1.5-2 litres a day) to prevent you from becoming dehydrated.
- Water, tea and coffee all count towards this target.
- Be careful of fluids with added sugar or fat as this can cause problems with both your diabetic control and weight gain.
- Alcohol should be limited to no more than 14 units per week for men and women. Try not to drink these all in one go and have at least 2-3 alcohol free days per week.
- You can check how many units of alcohol you drink using the following link: www.drinkaware.co.uk



Food Labelling

There are several sections to food labels and some of these are mentioned below.

There are several sections to food labels.

Chicken & Vegetable Broth		600g e		
A soup made with vegetables, cooked chicken and pearl barley.				
Ingredients				
Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), Celery (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl barley , Rapeseed oil, Garlic purée, Salt, Black pepper.				
! ALLERGY ADVICE				
For allergens, including cereals containing gluten, see ingredients in bold.				
! Warning				
Although every care has been taken to remove bones, some may remain.				
Nutrition				
Typical values (as consumed)	per 100g	per 1/2 pot (300g)	%RI	your RI*
Energy	167kJ 40kcal	501kJ 119kcal	6%	8400kJ 2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g
*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.				

1. Ingredients

Items are listed here in order of quantity with largest being first. Therefore if for example you see sugar mentioned in the first 5 ingredients, this indicates a higher content.

2. Nutrition Information

Use the nutrition information per 100g (as highlighted) in the label, to make comparisons between foods.

Remember that labels may refer to a serving size that is different to the portion you consume, i.e. the serving size may refer to one half of the pot, but if you are eating the full pot you will need to double it.

When reading labels you can use the values shown in this colour coded traffic light guidance below.

All of the values in the guidance below are referring to “per 100g” so ensure that you refer to this column when looking at the Nutrition Information tables on any food labels.

	Fat	Saturates	Sugar	Salt
What is HIGH per 100g	Over 17.5g	Over 5g	Over 22.5g	Over 1.5g
What is MEDIUM per 100g	Between 3.1 & 17.5g	Between 1.6 & 5g	Between 5.1 & 22.5g	Between 0.31 & 1.5g
What is LOW per 100g	3g and below	1.5g and below	5g and below	0.3g and below

Based on guidelines by the Department of Health, under the terms of the Open Government Licence.

Front of packaging nutrition label

Alternatively to what has already been discussed around food labels, the label on the front of packaging can help you to make a quick decision. The label at the front of packages is often colour coded so you can observe quickly how healthy or unhealthy the food is. The fat, saturated fat, sugar and salt content will be colour coded as to whether they are high, medium or low.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

For a healthier choice choose products with more greens and ambers and fewer reds. If a food contains one or more red labels try to limit how often you eat this.

Portion sizes

Weight loss plate

- Think about how what you are eating fits into your overall diet, including your calorie intake
- If you like seeing lots of food on your plate, why not add more vegetables (aim for half your plate as vegetables)
- Use smaller plates and bowls to make your portions appear larger
- Eat slowly and wait a while before having seconds – it can take a while for our brains to register we are full
- If you are cooking make larger quantities and freeze them in the correct portion sizes for future meals.
- For more information on portion sizes please visit the following websites:
www.bda.uk.com/resource/food-facts-portion-sizes.html
www.nutrition.org.uk/putting-it-into-practice/balancing-the-diet/get-portion-wise/



Managing your weight

Maintaining a healthy weight or losing some weight has positive benefits to health. A healthy weight is a BMI (your weight in relation to your height) between 18.5 - 25kg/m², this may not be achievable for everyone, but any weight loss is beneficial.

By taking the steps towards achieving a 5% weight loss you are also working towards achieving significant health benefits. Some of these benefits may include:



Improving blood glucose control and insulin sensitivity, which means that your insulin will work better



Improving blood pressure and cholesterol levels



Reducing the amount of diabetic medication that you may require to take



Reducing the risk of developing diabetic complications



Improving sleep and increasing your energy levels



Improving your mobility and reducing any aches and pains.

Staying focused and making changes long term can sometimes be challenging but don't lose heart, many of us are in the same situation and getting help from family, friends and colleagues can make it easier.

The following website can be used if you wish to calculate your BMI.
www.nhs.uk/live-well/healthy-weight/bmi-calculator/

The NHS Greater Glasgow and Clyde Weight Management Service can help you stay motivated and give you some practical support. You can phone the Type 2 Diabetes Hub to discuss the services available.

Call: 0141 531 8901 (Monday to Friday, 8:30am – 4:30pm) or
Email: ggc.type2diabeteshub@ggc.scot.nhs.uk

Remission of Type 2 Diabetes

Diabetes is no longer the progressive condition we once thought, latest evidence now shows being overweight is the main risk factor for developing type 2 diabetes. Recent research has found that losing 15kg (2 and a half stone) can reduce your blood glucose levels to a non diabetic range and often put diabetes into remission. This means you may not need medication. It's important to consider small changes to your diet and lifestyle from diagnosis. Weight loss is not easy and getting the right support/finding the right approach can help you achieve your future goals and keep healthier for the future.

For further information is available at www.directclinicaltrial.org.uk



Key Messages

- In order to get all the nutrients we need to feel our best, we need to eat a variety of foods every day from the 5 different food groups (carbohydrates, fruit and vegetables, protein, dairy and fats)
- Eat at regular intervals throughout the day. Try to ensure that you include wholemeal, wholegrain from the carbohydrate/yellow section on the Eatwell Guide to help control blood glucose each time you eat
- Be mindful of portion sizes if you want to maintain a healthy weight and help with blood glucose control
- Keep hydrated - drink 6 to 8 glasses of fluid per day
- The recommended weekly allowance for alcohol is 14 units for men and women and it is recommended that you have alcohol free days every week
- Losing weight will improve your blood glucose levels, your blood pressure and your cholesterol.



Move IT

Being physically active is good for diabetes. Whether you feel able to go for a walk or a swim, or can manage some arm stretches or on-the-spot marching while the kettle boils, it all makes a difference. The following shows the recommendations on what we all should be aiming for in terms of physical activity. But remember if you are currently inactive then please gradually increase your activity levels with the long term aim being these recommendations.

Be active for either...



A total of 150 minutes of moderate* intensity activity per week

or



A total of 75 minutes of vigorous** intensity activity per week

or



A combination of both moderate and vigorous intensity.

This can be broken down into small achievable chunks (even as small as 10 minute bouts), like 30 minutes of moderate exercise per day across 5 days per week will help achieve the 150 minute target. Research suggests that the 150 minutes can be accumulated in bouts of any length, and/or achieved in one or two sessions per week while still leading to health benefits. The most important thing is that it needs to work for you.

Moderate Intensity Activity	Vigorous Intensity Activity
<p>Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing. Examples of moderate intensity activities include:</p> <ul style="list-style-type: none">• Brisk walking• Riding a bike• Dancing• Pushing a lawn mower.	<p>Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. Most moderate activities can become vigorous if you increase your effort. Examples of vigorous activities include:</p> <ul style="list-style-type: none">• Running• Swimming• Riding a bike fast or on hills• Walking up the stairs• Sports, like football, rugby, netball and hockey• Skipping• Aerobics.

Undertake strength building activities at least 2 times every week

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity. There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities include:

- Carrying heavy shopping bags
- Yoga
- Pilates
- Tai chi
- Lifting weights
- Working with resistance bands
- Doing exercises that use your own body weight, such as push-ups and sit-ups
- Heavy gardening, such as digging and shovelling
- Wheeling a wheelchair
- Lifting and carrying children.

Undertake balance improvement activities at least 2 times every week

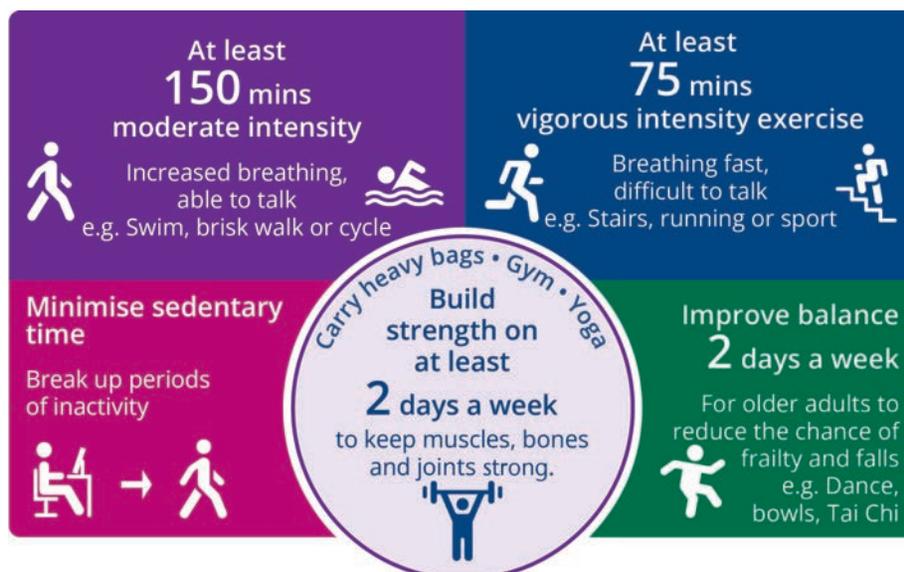
Great examples of this would be:

- Tai chi
- Bowls
- Dancing.

Minimise sedentary time

- Reduce time spent sitting or lying down
- Break up long periods of not moving with some activity.
- If you find physical activity particularly difficult, eg due to mobility or physical health issues, then reducing sedentary time is a great place to start when trying to be active.

Be active



Benefits of being active for diabetes

There are many benefits of being active when you have diabetes. Moving more can:

- **Help the body use insulin better** by increasing insulin sensitivity
- **Help you look after your blood pressure**, because high blood pressure means you're more at risk of diabetes complications
- **Help to improve cholesterol** (blood fats) to help protect against problems like heart disease
- **Help you lose weight** if you need to, and keep the weight off after you've lost it
- **Give you energy and help you sleep**
- **Help your joints and flexibility**
- **Help your mind as well as your body** - exercise releases endorphins, which you could think of as happy hormones. Being active is proven to reduce stress levels and improve low mood.
- **Help people with type 2 diabetes improve their HbA1c.** In some cases, this can help people with the condition go into remission.

Although there are many benefits to moving more, we know that you may be anxious about how your body will cope and how exercise can affect your diabetes. Some people think that moving more will be too tiring, or make their condition harder to manage, and others are worried about their blood sugar levels.

These worries and feelings are all understandable, but it's important to remember that you don't have to deal with these feelings alone. Speak to your healthcare team who can reassure you and provide information that will help.

Physical activity for adults and older adults

Benefits	Reduces your chance of
 Benefits health	Type II Diabetes ↓40%
 Improves sleep	Cardiovascular disease ↓35%
 Maintains healthy weight	Falls, depression etc. ↓30%
 Manages stress	Joint and back pain ↓25%
 Improves quality of life	Cancers (colon and breast) ↓20%



Some is good.
More is better.



Make a start today.
It's never too late!



Every minute counts!

The good news is that any activity is beneficial! All you need to do is make small changes which you can fit in around your daily routine and it doesn't have to cost much. Here are some ideas to get you moving.

Enjoy what you do

If you enjoy it you are more likely to keep it up, especially if you can do it with family or friends. Perhaps there was something you used to do years ago or perhaps there is something you have always wanted to try?



Make small changes

Walking is free, and can really improve your fitness. 10 minutes of brisk walking every day can make a big difference. Try leaving the car at home for small trips, or get off the bus or train one or two stops earlier and walk the rest of the way. Go for a walk at lunchtime or take the stairs.

www.nhsggc.scot/getactive

Get some tips from the NHS find out about the Active 10.



Start slow

A little bit more than you did before will make all the difference. Build up gradually, your body will get stronger. If you have any medical conditions, do speak to your healthcare team before starting any new activity.



Set yourself achievable goals

You're more likely to stick to being more active if you set goals. Set realistic short-term and long-term targets, when you reach a goal, treat yourself for your hard work. Make sure these goals are clear, detailed and achievable. For example instead of a goal of "Be more active" you may have a goal of "In 1 months' time I want to be able to walk 10mins every day". Writing these goals down often helps and displaying them in a place where you can see them regularly.

Don't give up

Although your body benefits as soon as you become more active, you may not feel the benefits straight away. It can take time for your body to adapt to the activity. So don't give up you'll soon see the positive results.

Want support to become more active?

If you would like help and support to become more active then we have the perfect service for you. LIVE ACTIVE is our exercise referral scheme. Here our physical activity advisors can help and support you to become more active safely. They will discuss your current activity levels, set goals and support you along the way. Simply call **0141 531 8901** to speak to our Type 2 Diabetes Hub and they will help you find the best way to get active. Or you can speak to your health professional to ask for a referral to **Live Active**.



Key Messages

- Any increase in activity is beneficial for health, every minute counts and it's never too late to start
- Current recommendations are for 150 mins of moderate intensity per week, or 75mins of vigorous activity (You do not have to do this all at once you can break it down into a number of sessions over the week to fit with your lifestyle)
- Building strength as well as improving balance and aerobic activities is important.
- Break up periods of inactivity by getting up and moving around.
- There are services such as Live Active which can help support you to become more active in Greater Glasgow and Clyde.
- Simply call 0141 531 8901 to speak to our Type 2 Diabetes Hub and they will help you find the best way to get active. Or you can speak to your health professional to ask for a referral to Live Active.



TOE IT

Diabetes is a long term condition which could have a serious effect on your feet and legs.

Each person with diabetes should receive a foot screening from a health care professional or member of their local podiatry team. This will assess their risk of developing ulceration which may lead to amputation. They will be categorised as: **low risk, moderate risk, high risk/in remission or active foot disease.**

Risk Factors

Neuropathy

Neuropathy is damage to the nerves in your feet often described as numbness, tingling or burning sensation, pins and needles or shooting pains, feeling of crumpled socks, walking on glass. Due to nerve damage, you may not realise you have a sore on your foot.

Circulation

Circulation is the blood supply to your feet, if the blood flow to your feet is poor, also known as ischaemia, it can have an effect on the healing should you have a break in your skin.

Deformity

This is gross deformity, the type of problems that would make it difficult to fit into shop bought shoes.

Infection

Diabetes alters the body's ability to combat infection. Signs of infection are redness, heat, swelling, odour and discharge.

Active foot disease

This is when the skin has been broken and an ulcer is present. These are wounds which are difficult to heal as the circulation to the foot may be poor and neuropathy may also be present.

A foot screening will check for the complications mentioned above and if any are present, they can be detected as soon as possible.

Factors which will help reduce a person's risk of ulceration:

- Having good general health
- Good blood glucose levels
- Smoking cessation
- Healthy eating
- Physical activity.



Diabetes and Personal Foot Care

People may have problems with their circulation or suffer from neuropathy. When there is a marked deterioration in the circulation and when there is nerve damage, breaks in the skin may occur without the person knowing. These wounds may become progressively worse or become infected if not treated.

A wound that is not covered may become infected. Bacteria breeds easily in sugary blood and sometimes the person may not know the wound is infected because of the lack of feeling they may have in their feet. An infected foot in a person with diabetes can quickly become very serious. Foot ulceration may occur and in some cases, this results in amputation. Foot wounds should be reported to your local podiatrist.

Self-Care

Daily foot checks are essential to identify any foot problems which require attention e.g. dry skin, overgrown nails, any moistness between toes. You should seek advice for any skin or nail conditions which require podiatry care e.g. in growing toenails or breaks in the skin.

Feet should be washed daily, dried (with particular attention between toes) and moisturiser applied if skin is dry (avoiding between toes). Nails should be trimmed and filed in keeping with the natural contour of the toe, file any sharp edges to prevent them digging into adjacent toes, do not cut down the sides of your nails as you may leave a sharp edge which could lead to an ingrowing toenail.

Hosiery - change your socks or tights every day, making sure they have no thick seams or tight elastic at the top.

If you have poor eyesight or have difficulty reaching your feet, ask a family member or carer to help you check and care for your feet.

Avoid the use of anything which could cause damage to your feet e.g. hot water bottles which could burn your feet if you have neuropathy or over the counter corn remedies which could cause damage to the skin.

Holiday Foot Care

The daily foot care noted above should also be carried out while on holiday. If you notice any blisters, cuts on your foot, redness or swelling, you should seek medical advice.

- **Wear appropriate footwear** which you have broken in at home before going on holiday
- **Avoid flip flop type footwear** as they may cause blisters between your toes
- **Never walk barefoot**, even at the side of the pool or on the sand as you could burn your feet
- **Wear footwear if you are in the sea** to avoid trauma from sharp objects or stones
- **Protect your feet with sun cream** to avoid sunburn
- **Take a first aid kit with you** with sterile gauze and tape, if you notice a cut, blister or graze clean the area with diluted antiseptic and tape on sterile gauze dressing.

Footwear

It is essential to wear correctly fitting footwear to prevent injury to your feet, especially if you have neuropathy.

- **Make sure your shoes are broad enough**, long enough and deep enough to accommodate your feet. Tight footwear can cause rubbing or trauma to your feet
- **A shoe with a strap, lace or a Velcro fastening** will give your feet the best support
- **When you buy new shoes, wear them around the house to break them in** before wearing them outside to make sure they do not cause rubbing or pressure
- **Always check the inside of your shoe** before applying to make sure no foreign objects have fallen into them
- **Check the soles of your shoes** also to make sure nothing has pierced the sole such as a nail.

What to do if you are concerned about your feet?

- Self-refer to podiatry: **0141 347 8909/Free phone 0800 592 087**
- Out of hours call NHS 24 on **111**
- Contact your GP
- Go to Accident and Emergency.





Key Messages

- You should receive a foot screening from a health care professional or member of your local podiatry team
- It is important to be aware of the risk factors which can affect your feet due to your diabetes, neuropathy, ischaemia, deformity, active foot disease
- It is important to check your feet daily and seek advice if you have any concerns
- It is important to wear well-fitting footwear to protect your feet
- When you are on holiday, follow holiday foot care guidelines and seek medical advice if you have any concerns.





An action plan needs to be SMART

S Specific

What are you going to do?

A specific behaviour or activity you are committing to doing. For example, doing is not 'I'll get fitter' but it could be a specific activity like 'I'll do stretching exercises'.

M Measurable

How much? For example, 5 minutes or 3 different stretches. How often?

This could be, for example, 3 times. It's usually better not to plan for every day as it is easy then to have something intervene and then you will feel disappointed that you have not achieved your plan. If you plan to do it less often, you can always do more on a good week and feel good about exceeding your expectation!

A Appropriate

Something you want to do

To check this out, ask yourself 'How important is doing this action plan for me? What is its importance rating for me? Very, fairly or not important at all?'

R Realistic

How confident are you about achieving the plan?

'How confident am I that I will carry out my plan in my life this week?'



← 1 = no confidence 10 = totally confident →

T Time-based

When will you do it?

'What days, or what time of day is best for me?'



Goal Setting Sheet

My goal/the health change I want to make is:

This week/month I will (What e.g. walk)

How important? (Please circle. If less than 7 start over)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

← 1 = not important 10 = very important →

How much (e.g. 15 minutes)

 10	 15	 20	 25	 30	 35	 40	 45	 50	Other
---	---	---	---	---	---	--	---	---	-------

When (e.g. before lunch)

How many days (e.g. on 3 days)

Confidence

When you see yourself completing this action during the next week, how certain are you that you will accomplish it? (Please circle, if less than 7 start over)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

← 1 = no confidence 10 = totally confident →

Problem solving chart

- Identify the problem
- Explore it
- Think of some solutions
- Chose one and try it.





KEY MESSAGES

- Self-management is about you being in control
- The skills needed to self-manage are ones that you are using every day – goal setting, action planning and problem solving
- Be SMART with your goals. (Specific, Measurable, Appropriate, Realistic and Time specific)
- Don't be surprised if you have to alter your goals as you go.



Useful Websites and Contact Details



Visit our Type 2 Diabetes Hub web pages for all our Control IT Plus resources and information on a range of services that can support you to manage your condition. www.nhsggc.scot/t2diabeteshub

Or contact our Type 2 Diabetes Hub on **0141 531 8901** or ggc.type2diabeteshub@ggc.scot.nhs.uk to discuss the support services below and they will be able to help you.



Weight Management/Losing Weight

NHSGGC Weight Management Service

Maintaining a healthy weight or losing some weight has real health benefits. Research shows that a weight loss of 5kg results in immediate benefits such as:

- Improving blood glucose control and insulin sensitivity
 - Improving blood pressure and cholesterol levels
 - Reducing the risk of developing diabetic complications
 - Improving your mobility and reducing aches and pains.
-



Physical Activity

Live Active

Are you looking to increase your physical activity levels but unsure where to start?

There are lots of people just like you who are now leading more active lives and feeling the benefits. This is thanks to the physical activity activities and classes we offer across Greater Glasgow and Clyde.

With a range of classes and activities taking place in your local community, there has never been a better time to become active.



Stopping Smoking

Quit Your Way

The Quit Your Way Community stop smoking services run across Greater Glasgow & Clyde and offer FREE intensive support from a trained advisor.



General support (including lifestyle)

- Diabetes UK: www.diabetes.org.uk
 - My Diabetes My Way: <https://mydiabetesmyway.scot.nhs.uk/MyDiabetes.aspx>
 - NHS Choices: www.nhs.uk
 - Change4Life: www.nhs.uk/change4life/about-change4life#
 - Carbs and Cals: www.carbsandcals.com
-

Are you looking after someone?

If you are struggling to make any of your appointments due to caring responsibilities then please let us know. You can also link in with your local Carers Centre who may be able to help you plan alternative care arrangements for the person. You can call us on **0141 353 6504** to find out where your local centre is, or find more information at www.nhsggc.org.uk/carers

If you have a friend/relative/carer who supports you then they are welcome to come with you to your appointments if you feel like that would help.

Would you like advice and support with finances or finding work/getting back into employment?

The following is the web address of the Health and Wellbeing Directory. On here you will find several different types of support on various topics such as money advice, employability. It lists the support which is available in each of the areas throughout Greater Glasgow and Clyde and includes contact details: www.nhsggc.org.uk/hwd

Support Groups

Your 6 nearest support groups. See details for each group in the Diabetes UK Website: www.diabetes.org.uk.



Alexandria



Glasgow South



Gartnavel Diabetic Patients Group



New Lanarkshire Group
(previously Lanarkshire Parents)



Glasgow Family Group



Inverclyde Peer Support Group
(contact Your Voice on
01475 728628 or email:
enquiries@yourvoice.org.uk
for details)

Control IT Plus

NHS Greater Glasgow and Clyde
April 2023