

# Choosing the right footwear whilst in hospital

## Why is footwear important?

What you wear on your feet can have an effect on how steady you are. Wearing ill-fitting or the wrong type of footwear can increase your risk of having a slip, trip or fall. This guide offers advice to you and your family or carers on how to choose appropriate footwear during your stay in hospital.

### Do your shoes fit?

**Too big** - If your footwear is too big then it will increase your risk of a fall. Then this can cause your feet to move about or slip out which can affect your walking.

**Too small** - If your footwear is too small this can lead to discomfort, pain and potential foot health issues which again can affect your walking.

**Just right** - There should be sufficient room at the front of your shoes for your toes. The width of the shoe is also important. A wide rounded end gives a more comfortable fit than a pointy narrow fit.

Shoes should fit comfortably

Avoid poor-fitting shoes



### Choose a style to walk a mile

Whilst it is common to think of wearing slippers in hospital, shoes are preferable.

Shoes should be adjustable using laces or Velcro straps rather than slip on to allow for changes in your feet such as swelling or to allow for dressings or bandages.

The heel should be broad and not be higher than 2.5 cms.

Be careful with seams inside the shoe as this can cause issues such as corns or wounds to develop.

Shoes made out of a natural material such as leather can help to absorb sweat and unwanted smells.

**Avoid** backless shoes or slippers.

## **What if I don't have appropriate footwear in with me?**

Please ask your family or carers to bring appropriate footwear in for you – staff can do this on your behalf

### **Nonslip socks**

The staff may give you some non-slip socks to wear during your stay. If wearing these please see the pictures below which show a good fitting.



These socks are designed as a short-term solution until you can get appropriate footwear from home. However, they may also be used in certain circumstances to reduce the risk of you falling but remember, in general your own footwear is best.

