

♥ Preventing and Managing Wounds in Residents with Diabetes

Diabetes makes wound healing harder. High blood sugar damages blood vessels, nerves, and the immune system, meaning small cuts or sores can become serious quickly if not treated early.

Why wounds don't heal well in diabetes:

- Poor Blood Flow – damaged vessels reduce oxygen and nutrients to the wound
- Nerve Damage – numbness means injuries may go unnoticed
- Weak Immune System – high sugar impairs white blood cells
- Slow Skin Repair – the body struggles to make new skin and blood vessels

What care home staff can do:

- Keep blood sugar controlled – if possible aim for blood glucose levels below 8.5mmols
- Check wounds every day – look for redness, swelling, warmth, or discharge
- Take pressure off the wound – reposition residents regularly and use appropriate dressings
- Escalate early – if a wound is not improving within two weeks, seek support

Early action prevents complications. If in doubt, escalate.

The NHSGGC Podiatry Service provides excellent diabetes footcare information, including short videos and practical advice for staff, residents and families.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) Diabetes Footcare Advice and Support - NHSGGC](#)

