

Questions to Ask Your Healthcare Professional



Canadian Association
of Wound Care



Association canadienne
du soin des plaies

If you have diabetes, your foot health can change very quickly, especially if you have loss of sensation (neuropathy), changes in bone structure (deformity) or poor circulation (peripheral vascular disease).

Visiting your healthcare professional regularly is important to maintain healthy feet and also to spot any issues that may arise.

To make the most of these visits:

- Make a list of your concerns and bring it with you to discuss with your healthcare team.
- Show your healthcare professional your feet!
- Ask your healthcare professional the following three key questions:*
 1. What is my main problem?
 2. What do I need to do?
 3. Why is it important for me to do this?
- Ask your healthcare professional to explain anything you do not understand.
- Keep asking for clarification until you are comfortable with what you need to do and why.
- Take notes, to help you remember the details discussed.
- If possible, bring a friend or family member with you to your appointment. Another person may think of additional helpful questions.

Healthcare professionals can help you keep your feet as healthy as possible.

Chiroprodists or Podiatrists: Specialize in treating foot diseases, disorders and dysfunctions.

Diabetes Educators: Assist in diabetes management and provide education on diabetes, including foot care.

Doctors: Assist in diabetes management, and some have specialized training in foot care.

Endocrinologists: Treat diseases of the endocrine system, including diabetes.

Neurologists: Specialize in caring for nerve-related concerns (including neuropathy).

Registered Nurses: Assist in diabetes management, and some have special training in foot care.

Orthotists/Prosthetists: Specialize in orthotic and prosthetic devices.

Canadian Certified Pedorthists:

Specialize in orthotics, footwear and footwear modifications, and foot assessments.



Occupational Therapists: Some

occupational therapists have specialized training in footwear, footwear modifications and overall care of the diabetic foot.

Physiotherapists: Specialize in exercise programs to keep ankles and feet moving, and therapeutic walking programs to help patients compensate for poor blood flow.

Registered Dietitians/Nutritionists: Provide information about proper eating habits.

Specialists: In addition to the above-mentioned healthcare professionals, your doctor may also refer you to other specialists as needed.

For more information, please visit our *Diabetes, Healthy Feet and You* website:

www.cawc.net/diabetesandhealthyfeet

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642 King Street West, Suite 200

Toronto, ON M5V 1M7

Tél : 416-485-2292 Sans frais : 1-866-474-0125

Courriel : healthyfeet@cawc.net