

糖尿病足护理

高血糖可导致足部神经病变：因神经功能受到损伤，糖尿病患者下肢及双脚对痛觉及冷热温度之感觉变迟钝。高血糖可导致血管炎症及血液循环不良：血液流至下肢及足部减慢及不足，伤及感染难以治愈。由于糖尿病患者的血液循环及神经系统受损，导致血液流通减慢和足部对痛楚不敏感，造成足部肌肉坏死。



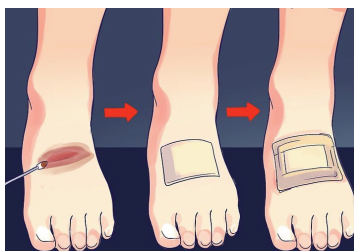
因此，适当的足部护理对减轻这种情况极有帮助。

- 每天以温水及肥皂清洗足部。小心轻抹足部（特别是趾缝之间部位），避免大力擦干。如有需要，可涂上润肤液，但避免涂在趾缝之间。
- 检查脚面，脚底，脚指间，脚趾甲边缘以及脚跟。在难见到的部位，可使用镜子来反射影像。若必要时，可建议家人或者朋友来协助。

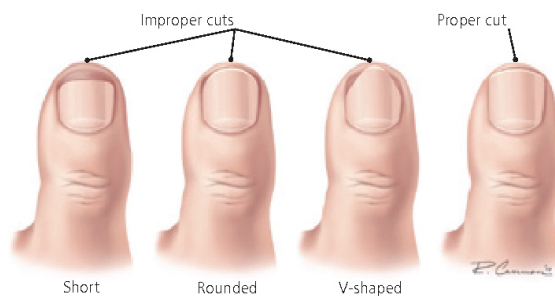


如有足部问题，尽快通知医生。切勿用药物或剪刀去除硬皮和鸡眼。若你不能自行修剪脚指甲或有足部问题时，要求医生推介一位足部医疗师。

- 任何的割伤，磨伤，伤口或者水泡都需要马上包扎。若伤口在两天后没有改进，请马上洽询您的医师或足部医疗师。(Fig 1.1)
- 经常修剪趾甲，剪时应向横而不应在两边角位直剪。(Fig 1.2)
- 穿着舒适的鞋子，避免穿着无保护趾部及跟部的凉鞋。不要赤足走路。在家里穿拖鞋，以免脚受伤。(Fig 1.3)



(Fig 1.1)



(Fig 1.2)



(Fig 1.3)

注意事项包括:

- 红肿
- 割伤以及创伤
- 抓痕以及疼痛
- 颜色变化



<https://www.scripps.org/sparkle-assets/documents/c-foot-care-for-people-with-diabetes.pdf>



<https://www.scripps.org/sparkle-assets/documents/c-foot-care-for-people-with-diabetes.pdf>



http://guidelines.diabetes.ca/cdacpg/media/documents/patient-resources/ch/Footcare_Chinese_Web.pdf

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