

# IDHC's Foot Care Program (FCP) Resource Kit



## For Your Daily Self-Inspection & Foot Hygiene

Use these tools to inspect, clean, care for and follow up on any concerns identified.



**Large Mirror** Use this mirror during your daily foot inspection to help view all around your feet and in between your toes to identify wounds or changes to the feet



**Mini First Aid Kit:** Use this kit to clean and protect any wounds; if wound does not heal see a health professional



**Mild, Unscented Soap** Use this soap daily when cleaning feet. Wash in-between your toes, the soles of your feet and under your toenails



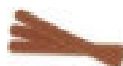
**Handled Nail Brush** This labeled brush helps clean under toenails and whisk away debris



**Foot File** Use this file on calluses. Use on wet feet in one direction for 30 seconds only. This tool helps skin stay soft and strong



**Foot Cream** Use this cream daily on tops and bottoms of feet to keep your feet moisturized and help prevent dryness and cracks. "Cedar is a sacred Indigenous healing medicine, a good grounding remedy when mixed with other medicines to assist with grounding the body, calming the mind, providing a sense of emotional security and strengthening a spiritual connection to the plant medicine." Esstin McLeod, Anishnaabe Kwe, from the Misswezahging First Nation, Traditional Medicine Practitioner



**Nail File** Use this nail file on your toenails between foot treatments; the nail file will allow you to shorten, smooth and shape nails to a comfortable length



**Diabetic Socks** These white, specially-made cotton, non-constricting top, non-irritating seams will bring comfort to your feet



**Shoehorn** This shoehorn is held against the inside back of a snug-fitting shoe to slide your heel easily into and out of your footwear



**Magnet and Pen** Use this magnet as a reminder of your daily foot inspections. Use this pen to document follow-up your appointments



**Foot Care Video** This video is an educational tool about foot care and its benefits



**IDHC Pamphlets** These pamphlets provide information surrounding diabetes and preventative foot care tips



**Grandfather Teaching Stone** The stone serves as a remember of the Seven Grandfather teachings relating to foot care; use for grounding, daily positive healing thoughts, and inspiration for mental, emotional, spiritual and physical self

Practice preventative care by protecting your feet and consulting your health care team with questions or concerns.