**Resident – footwear checklist - Monthly**

Name of resident:

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| **Guidance information**  For mobile residents:   * Ensure resident is wearing a shoe during the day and a slipper in the evening. * Ensure shoes and slippers are well fitted with laces or a strap fastening to help keep foot firmly in place * Ensure residents are not walking around barefoot or in socks * If aresident does not want to wear shoes during the day, ensure they have appropriate slippers (see resources below) |
| **Are resident’s footwear fitting and correct size**   * Are feet slipping out of shoes? * Can you fit your hand down the back of the shoe? (observe when resident walking down the corridor) * Does the resident have hard skin/ redness/ blisters? (these can be a sign shoes do not fit properly) |
| **Are shoes showing signs of wear and tear?**   * Are there rough edges in seams or linings? * Are soles worn? Are soles worn down on one side more than the other? * Are heels worn?   [Image result for wear and tear of shoe](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiC9tSVmubiAhWN4YUKHRnSBrwQjRx6BAgBEAU&url=https://macgyverisms.wonderhowto.com/how-to/fix-worn-out-heel-linings-your-ragged-shoes-sneakers-macgyver-style-0146568/&psig=AOvVaw09SyL5Pm0nO1KcF0DIQB2E&ust=1560506559435751)  [Image result for worn heel of shoe](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwi0rqifmebiAhUJxoUKHVjBDqsQjRx6BAgBEAU&url=http://www.curingchronicpain.com/if-you-unevenly-wear-down-the-heels-of-your-shoes-you-may-have-an-abnormal-foot-structure&psig=AOvVaw1fEGKZ7oSgV1lQ2fEZFKAZ&ust=1560506329372084)[Image result for worn soles of shoes](http://welldresseddad.com/2014/11/16/the-guide-to-goodyear-welted-shoe-soles/) |
| **Are shoes comfortable to wear, not causing discomfort?**   * Does the resident have hard skin/redness/ blisters that suggest the shoes/slippers they are wearing are not suitable? |
| **Are any fastenings, such as laces, buckles and or velcro? These are requirements to help keep the shoes/slippers secure when walking?**  [Image result for red x](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwia48jbnubiAhVWA2MBHRlbDgsQjRx6BAgBEAU&url=https://translit.ie/secure-online-payment/payment-failed/red-x-symbol_280322-2/&psig=AOvVaw13FX9LCLhE6fyNN9xp8Nph&ust=1560507796956970)[Image result for green tick](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwip0rPunebiAhWKERQKHdqZAOYQjRx6BAgBEAU&url=https://www.videoblocks.com/video/green-tick-animation-hvuamk3qeizzwf2bq&psig=AOvVaw2oP17_lve_eSYmeh_SgJXa&ust=1560507569083390)[Image result for slip on shoes backless](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjOkvi0nubiAhWODxQKHfRuBb8QjRx6BAgBEAU&url=https://www.amazon.co.uk/Go-Tour-Tassels-Backless-Slippers/dp/B071NRJ4FG&psig=AOvVaw17YbFbFiTpgoHrcvx0s_hT&ust=1560507700429219)[Image result for velcro shoe cosyfeet](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiSt8e-nebiAhUoDWMBHQeIAa4QjRx6BAgBEAU&url=https://www.cosyfeet.com/karen&psig=AOvVaw1IQxF47l5IuhNOIKZBtsUM&ust=1560507467834305) |
| **Are shoes lightweight and too heavy for resident to lift their feet?** |
| **Are the soles of the shoes slip resistant?** |
| **Does the resident wear shoes during the day?** |

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| **Date** | **Issues identified? Yes/No** | **Action to be taken**  **Eg) Change of footwear, referral to Podiatry)** | **Date completed** |
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**Resources:**

* If a resident does not wish to wear shoes during the day, DB house shoes (with a fastening) are a suitable alternative. DB house shoes have the sole of a shoe and an upper like a slipper. An excellent alternative for mobile residents preferring to wear a slipper. They come in a variety of width fittings.

<https://www.dbshoes.co.uk/pp+ladies-ladies-slippers-house-shoes+lho1>

<https://www.dbshoes.co.uk/pp+mens-shoes-mens-house-shoes+mho1>

Gents

[](https://www.dbshoes.co.uk/sp+hallam+hall6)

[](https://www.dbshoes.co.uk/sp+eunice+euni6)Ladies

* If a resident has swelling at their foot or ankle, extra wide fitting shoes should be considered.
* If a resident has toe deformities, soft stretching material should be considered or a wide fitting shoe.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwih8L-CsObiAhVM1BoKHU6EAL8QjRx6BAgBEAU&url=https://www.nhs.uk/conditions/bunions/&psig=AOvVaw1zt9vtMPqpKv4mBaVaM6wh&ust=1560512437965547)

* Look out for any redness, skin lesions, and pressure areas and consider a change of footwear and referral to podiatry if appropriate. If there are any breaks in the skin, refer urgently to podiatry.

Referral to Podiatry

If you need advice about footwear, please contact NHS Lothian Podiatry Department on 0131 446 4631 or email [office.podiatry@nhslothian.scot.nhs.uk](mailto:office.podiatry@nhslothian.scot.nhs.uk)

If you are concerned footwear is contributing to falls, or are concerned a resident has foot problems, please fill out an assessment tool form and send to Podiatry Department, Inchkeith House, 139 Leith Walk, EH6 8NP or email (double sided) to [office.podiatry@nhslothian.scot.nhs.uk](mailto:office.podiatry@nhslothian.scot.nhs.uk)