



Ontario Lower-Limb Preservation Strategy Patient Toolkit

This is a toolkit of well-developed provincial, national, and international tools and resources on lower-limb, foot and wound prevention and management for lower-limb preservation providers to share with patients and families to support their education, understanding and self-management. Care providers, programs and organizations are encouraged to develop a plan (e.g., a user-friendly platform) for sharing culturally-appropriate, understandable and consistent lower-limb preservation educational tools and resources in preferred languages with patients and families to optimize self-management, improve outcomes and preserve limbs.

General Information		
Organization	Topic / Description	Link
Diabetes Canada	Diabetic peripheral neuropathy	https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/diabetes-peripheral-neuropathy.pdf?ext=.pdf
Indigenous Diabetes Health Circle	Various resources on Indigenous health and wellness	https://idhc.life/resources/
Wounds Canada	Vascular insufficiency	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-vascular/751-vascular-english/file
	Neuropathy	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-neuro/806-neuropathy-english/file
	Foot deformity	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-deform/822-foot-deformity-english/file

Lower-Limb, Foot and Wound Prevention and Management		
Organization	Topic / Description	Link
Diabetes Canada	Foot care: a step toward good health	https://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf
Indigenous Diabetes Health Circle	Step up with foot care video	https://www.youtube.com/watch?v=lgqXtweP73M
	Foot Care Program Education Package	https://idhc.life/wp-content/uploads/2019/05/Foot-Care-Program-Education-Package.pdf
National Health Service, England	Foot care video for people with diabetes	https://www.youtube.com/watch?v=sX9Faxnvuhg
National Indigenous Diabetes Association	Foot care resources	http://nada.ca/?page_id=1565
Registered Nurses Association of Ontario	Managing foot ulcers in people with diabetes	https://rnao.ca/sites/rnao-ca/files/FINAL_HEFS-Diabetic_Foot_Ulcer_June_17.pdf
Wounds Canada	Diabetes, healthy feet, and you	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/dhf-brochures/715-woundcare-english-aug-2011/file
	Facts on Peripheral Arterial Disease	https://www.woundscanada.ca/docman/public/patient-or-caregiver/873-pad-thinkagain-brochure-patient/file
	Foot Examinations for People with Diabetes	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/767-foot-exam-english/file

	Finding the proper shoe fit	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/780-proper-shoe-fit-english/file
	Foot care video for people with diabetes	https://www.youtube.com/watch?v=xC-_TqWvU0I
	Care at Home Series including resources on safe foot care, changing a dressing, preventing surgical site infections, when to seek help and keeping your home safe	https://www.woundscanada.ca/patient-or-caregiver/care-at-home-series

Exercise and Lifestyle		
Organization	Topic / Description	Link
Diabetes Canada	Benefits of physical activity, addressing motivation, and identifying barriers to physical activity	https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/benefits-of-physical-activity.pdf?ext=.pdf
	Physical activity and diabetes information sheet	https://guidelines.diabetes.ca/docs/patient-resources/physical-activity-and-diabetes.pdf
	Resistance band exercise video	https://www.diabetes.ca/managing-my-diabetes/tools---resources/resistance-exercise-videos
Indigenous Diabetes Health Circle	Sweetgrass fitness video	https://www.youtube.com/watch?v=LsTV4ISGRXQ&t=75s
	Sweetgrass yoga video	https://www.youtube.com/watch?v=PNKX9itC_24

	Sweetgrass prenatal yoga video	https://www.youtube.com/watch?v=kleLJo4kt18
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Checklists, Guides, and Worksheets

Organization	Topic / Description	Link
Diabetes Canada	Diabetes and foot care – a patient checklist	https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/diabetes-and-footcare-a-patient-checklist.pdf?ext=.pdf
Health Quality Ontario	Diabetic foot ulcers reference guide	https://www.hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-diabetic-foot-ulcers-patient-guide-en.pdf
Wounds Canada	Personal Foot Care Plan – tool guides:	https://www.woundscanada.ca/about-dhfy/89-diabetic-healthy-feet-and-you/for-patients-and-public/diabetes-healthy-feet-and-you/your-personal-foot-care-plan
	- Healthy Feet Checklist	https://www.woundscanada.ca/images/Checklist_formJan2017.pdf
	- Personal Plan for Change	https://www.woundscanada.ca/images/Plan_to_Change_FormJan2017.pdf
	Questions to ask your healthcare professional	https://www.woundscanada.ca/docman/public/diabetes-healthy-feet-and-you/793-questions-hp-english/file

Mental Health		
Organization	Topic / Description	Link
Canadian Psychological Association	Psychology Works Fact Sheet: Health Anxiety	https://cpa.ca/psychology-works-fact-sheet-health-anxiety/
Diabetes Canada	Mental health issues and diabetes	https://www.diabetes.ca/managing-my-diabetes/preventing-complications/mental-health-issues
National Indigenous Diabetes Association	Mental health and diabetes	http://nada.ca/?page_id=1575

Workshops		
Organization	Topic / Description	Link
Diabetes Canada	Local programs and events nationwide, including classes, peer-connect, and other events	https://www.diabetes.ca/get-involved/local-programs---events?Region=&EventType=&SearchText=&Sort=&Page=1
Indigenous Diabetes Health Circle	A variety of videos, webinars and events related to Indigenous health, diabetes and foot care	https://idhc.life/videos/ https://idhc.life/webinars/ https://idhc.life/calendar/

Wounds Canada	Workshops to empower you to become an active partner in your own care with others who have lived with the ups and downs of living with diabetes	https://www.woundscanada.ca/for-patients-public/240-diabetic-healthy-feet-and-you/for-patients-and-public/265-attend-a-workshop-in-your-community
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Amputation		
Organization	Topic / Description	Link
War Amps	Life as an amputee: lower-limb amputees	https://www.waramps.ca/pdf/english-site/ways-we-help/living-with-amputation/life-as-an-amputee-lower-limb.pdf

Websites	
Organization	Link
Canadian Federation of Podiatric Medicine	https://www.podiatryinfocanada.ca/Knowledge-Centre
Canadian Podiatry Medical Association	https://www.podiatrycanada.org/foot-health/
Canadian Society for Vascular Surgery	https://canadianvascular.ca/Patients
Diabetes Canada	https://www.diabetes.ca/en-CA/about-diabetes
Diabetes Canada Tools and Resources	https://www.diabetes.ca/resources/tools---resources?Categories=&ResourceToolType=&SearchText=&Sort=alwaysontop&Page=1

Websites	
Organization	Link
Indigenous Diabetes Health Circle	https://idhc.life/
National Indigenous Diabetes Association	http://nada.ca/
Ontario Podiatry Medical Association	http://www.opma.ca/Foot-Health-Information
Ontario Society of Chiropodist	https://www.ontariochiropodist.com/Public/foot-health.html
Society for Vascular Surgery	https://vascular.org/patients
War Amps – Living with Amputation	https://www.waramps.ca/ways-we-help/living-with-amputation/
Wounds Canada	https://www.woundscanada.ca/patient-or-caregiver