Heel Balm Pathway

By Suffolk and North East Essex Integrated Care Board, in conjunction with Dermatonics.

NHS Suffolk and North East Essex

LEVEL 1

Well hydrated heels, with little or no signs of drying.

Note: Both feet should be thoroughly checked to assess the skin condition. The level applied is based on the worst area of skin.

Management

Use your choice of emollient selected from the formulary listing to be applied in accordance with manufacturers' instructions.

Inform the patient that neuropathy poses a risk to the sweat glands in the feet and to monitor any changes in skin condition and report back if these happen.

Use your formulary choice of emollient

LEVEL 2

Drying skin but no callus.

The foot may have some fissuring but no apparent callus.

Note: Both feet should be thoroughly checked to assess the skin condition. The level applied is based on the worst area of skin.

Management

Prescribe Dermatonics 10% Dry Skin Balm from formulary listing. A 200ml tube of Dry Skin Balm should last around 3 months. If the patient has moved from Level 1 to Level 2 make them aware that their foot skin condition has deteriorated and that their risk of ulceration may have increased. Instruct the patient that neuropathy poses a risk to the sweat glands in the feet and to monitor any changes in skin condition and report back if these happen.

Instructions for use: wash & dry feet. Apply a 1cm strip of cream to both feet avoiding interdigital spaces. Do not use on broken skin. For use on adult feet only.

Dermatonics Dry Skin Balm 10% Urea

LEVEL 3

Drying skin combined with callus.

The foot may have some minor cracks but no apparent open splits

Note: Both feet should be thoroughly checked to assess the skin condition. The level applied is based on the worst area of skin.

Management

Apply Dermatonics Once-A Day (25% Urea). Make patient aware that their foot skin condition has deteriorated and that their risk of ulceration may have significantly increased.

Instructions for use: wash & dry feet. Apply a 1cm strip of cream to both feet avoiding interdigital spaces. Do not use on broken skin. For use on adult feet only.

Dermatonics Once Heel Balm 25% Urea

LEVEL 4

Callused skin with open splits.

The splits may be wider than those shown

Note: Both feet should be thoroughly checked to assess the skin condition. The level applied is based on the worst area of skin.

Management

Prescribe Dermatonics Once-A-Day (25% urea). Make patients aware that their foot skin condition has deteriorated and that their risk of ulceration has significantly increased. Refer to the integrated foot care pathway and consider referral to foot services, especially if open splits do not resolve with treatment or foot ulceration develops.

Instructions for use: wash & dry feet. Apply a 1cm strip of cream to both feet avoiding interdigital spaces. Do not use on broken skin. For use on adult feet only.

Dermatonics Once Heel Balm 25% Urea

PROUD TO BE PART OF CAN DO HEALTH & CARE Suffolk & North East Essex Integrated Care System

Derma tonics