

New Patient Information Leaflet

Podiatry service



What is Podiatry?

Podiatry is the management of problems of the foot and lower limb. It is a medical service offering care to those who have specific Podiatry problems or medical conditions, that can cause problems with the lower limb. All NHS Podiatrists are registered with the Health & Care Professions Council.

As many older people are fit and healthy, and in common with all other NHS services access to this service is not age related.

The Podiatry Service offers a range of specialist treatments:

- Toenail surgery
- Diabetic foot care for those classified as medium or high risk
- Wound care
- Electrosurgery
- Biomechanical Assessment

Podiatry Assessment

At your first appointment your podiatry needs will be assessed. Please bring your questionnaire with you.

This involves the following:

- Taking a medical history from you
- Recording the medication that you take
- Assessing your circulation
- Looking at the structure of your feet
- Offering guidance on appropriate footwear

This information will enable the Podiatrist to develop an individual care plan, which will be fully discussed with you.

Many people only require one treatment or a short course of treatment and/or advice to improve their foot condition and will then be discharged. Some people have more complicated foot problems and may require a longer course of treatment. This is called a care plan.

Your care plan will include what the podiatrist can do for you and what you can do for yourself as part of your own personal foot care. All care plans adhere to evidence based podiatry pathways.

Personal Foot Care

Personal foot care includes the tasks that adults normally do for themselves. Cutting and filing your toe nails is part of your own personal foot care.

The following resource has been developed in association with the Scottish Government to support people, their families and care providers in the provision of personal foot care.

www.lookafteryourfeet.info

Other useful links:

Diabetes UK (Scotland):

<http://www.diabetes.org.uk/InYourArea/Scotland>

NHS inform: <http://www.nhsinform.co.uk>

In the event of an enquiry please contact

AHP Outpatients Services – Podiatry

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We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590886 (24hrs),
fax 01324 590867 or email disability.department@nhs.net

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If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

**SMOKING IS NOT PERMITTED ON NHS
FORTH VALLEY PREMISES**

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

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