

Podiatry Service

# Home Visit Information

Patient Information Leaflet



## 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 in the lower limb. All NHS Podiatrists are registered with the Health and 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.

## Do you really need a home visit?

Before requesting a home visit, please consider the following points:

- Effective and safe treatment is more suited to a well-lit, properly equipped clinic
- Travelling to and from a patient's home in order to treat you takes time. This results in fewer patients being treated
- If you are able to visit the shops, the doctors or to visit friends, we would expect you to come to the clinic for your treatment
- Cutting and filing your toenails is part of your own grooming and self-care
- If you normally manage to drive or are taken to other appointments such as the doctors, hairdressers or to visit friends or shops, we would expect you to come to the clinic

## Your Home Visit

The Podiatrist will phone you nearer the time to arrange a suitable time to visit. If you would prefer we can contact a carer/friend/relative instead, just phone the number on this leaflet and give us their details.

Very little is required for your home visit as the podiatrist will have everything they need with them. It would be helpful if you could wear socks or pop socks rather than tights. If possible please wash your feet beforehand.

Please fill in the questionnaire enclosed and give it to the podiatrist when they visit – (if you are unable to do this please ask someone else to do this for you).

## Smoking

We ask that you do not smoke when the Podiatrist is in your home and that they are able to treat you in a smoke free atmosphere. If you do not think this is possible we will be unable to treat you at home.

## Pets

Please ensure that any pets are safely kept in another room or in their cage when the Podiatrist visits.

## 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](http://www.lookafteryourfeet.info)

### **Other useful links:**

Diabetes UK (Scotland):

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

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

## Enquiries

### **AHP Outpatients Services – Podiatry**

Top Floor, Clackmannanshire Community  
Health Care Centre, Hall Park, Sauchie.

FK10 3JQ. **Tel: 01259 290511**

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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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[www.nhsforthvalley.com](http://www.nhsforthvalley.com)

