

## HOW TO ACCESS PODIATRY

If you have concerns about your feet and wish to be assessed by a Podiatrist you must be referred.

Referrals are accepted from

- GPs
- Allied Health Professionals, *i.e.*  
*Physiotherapists, Occupational Therapists*
- District Nurses
- Practice Nurses
- Consultants

Once your referral has been received it will be triaged and prioritised as necessary. You will then be invited to contact our Administration Team to book your first appointment.

## FREQUENTLY ASKED QUESTIONS

### **I have diabetes; do I have to be seen?**

If you have diabetes it is recommended that your feet are checked on an annual basis for risk factors. This is usually carried out by your practice nurse, who may bring to your attention any relevant diabetic complications.

### **I have diabetes; can I cut my own toe nails?**

Yes, if you have no diabetic complications there is no reason why you cannot cut your own toenails. If necessary we are happy to show you how to do this safely.

### **If I am accepted for Podiatry treatment does this entitle me to indefinite care?**

No, following assessment the Podiatrist will discuss your foot problems with you and agree a course of treatment.

**I am over 65 and have paid my National Insurance, am I entitled to Podiatry treatment?**

Like all NHS care, Podiatry is available to those assessed as having a need.

**I want my toenails cutting. Do you provide a pedicure service or toe nail cutting service?**

Whilst we see and advise patients, we will not routinely see those unable to cut their own toenails.

Toe nail cutting is considered as personal care; we are able to provide training for relatives/carers, alternatively there are Podiatrists/Chiropodists in the private sector who will provide this service. A list of local providers is available from the Podiatry Service if required, otherwise just look for a Podiatrist that is registered with the Health Professions Council (HPC).

***This leaflet has been written to help you understand more about the problem with your foot. This leaflet is not a substitute for professional medical advice and should be used in conjunction with verbal information and treatment given.***