What is the best way to look after my feet?

Looking after your feet correctly is an important way to help prevent many common foot problems from developing in the first place.

- Help prevent irritation and infection by making sure you thoroughly wash and dry your feet before bed.
- Help prevent in-growing toenails by trimming your nails straight across; never at an angle or down the edges.
- Wear shoes that are appropriate for what you are doing. Limit the wearing of high heeled or pointed shoes to special occasions.
- Wear shoes that provide you with the right amount of support to help prevent arch and heel pain.
- Help to stop the spread of verruca and athlete’s foot by wearing flip flops in public showers and swimming pool areas.

You can also find helpful hints and tips on maintaining good foot health here:

www.nhs.uk/Livewell/foothealth/Pages/Healthyfeet.aspx
www.nhs.uk/Livewell/foothealth/Pages/Foothealthhome.aspx

Changes to NHS podiatry services for people in Northamptonshire

This leaflet contains important information about changes to NHS podiatry services in Northamptonshire. We can provide this leaflet in other formats and if required please contact the Complaints Department on 01604 651102 or Northants.complaints@nhs.net

Patient Advice and Liaison Service
0800 917 8504
pals@nhft.nhs.uk
People who can receive an assessment for NHS podiatry care in Northamptonshire?

- People with diabetes
- People with a complex medical history or a long term condition that directly affects their foot health, plus poor circulation or reduced sensation in their feet that impairs healing of wounds.
- People who are identified as being vulnerable or having particular needs

The vulnerable people who will continue to access assessment for low risk podiatry care and may require on-going care from the local NHS provider are:

- Children under the age of 18 years who do not have a disability or young people up to the age of 25 years with a disability
- At risk of falls-anyone referred to podiatry from Falls Service or East Midlands Ambulance Service Falls Prevention Programme and are identified as having a falls risk
- Anyone with a confirmed diagnosis of rheumatoid arthritis
- Anyone with a confirmed diagnosis of connective tissue disease
- People who have a history of homelessness
- People with a history of being unable or incapable of looking after their own health or well-being, as identified by their health or social care practitioners

Who decides if I have high risk foot care needs?

The referral form asks for all the key information that is required to make an assessment of your foot health needs. Your completed referral form will be looked at by a podiatrist who will decide if you need podiatry care from the service. The podiatrist may need to contact you for further information about your health. If you meet the criteria for the service you will be offered an appointment at a community clinic.

How do I access the Diabetic Foot and High Risk Service?

You can self-refer into the service, your GP or another healthcare professional can also refer you. To self-refer to the service please contact The Patient Contact Centre to request a self-referral form or you can complete an on-line form if you prefer.

www.nht.nhs.uk/podiatry

Patient Contact Centre, 1st Floor, Highfield Clinical Care Centre, Cliftonville Road, Northampton NN1 5BU

E-mail: northants.pcc@nhs.net
Phone: 0330 555 6789

Although you may receive an assessment, you may not be eligible for ongoing care; but you will be given self-help advice and sign posting to other providers if appropriate.

Podiatry

Who can provide fee paying podiatry and foot care and where can I find them?

Podiatry is offered by a range of different people with different job titles and qualifications, however, anyone who calls themselves a ‘podiatrist’ or ‘chiroprapist’ must be registered with the Health and Care Professions Council (HCPC). You can check if they are registered with the HCPC through their website www.hcpc-uk.org/check or by telephone 0845 300 6184.

When choosing a podiatrist you should ask what their qualifications are. Podiatrists who have undertaken full training at an approved location have the letters ‘DPodM’ or ‘BSc (Podiatry)’ after their name. Some podiatrists still use the old title of ‘Stat Registered Podiatrist’ or ‘SRCh’.

There is also a public clinic service provided by The University of Northampton that provides a range of services such as orthotics, sports injury, corns and calluses and nail surgery. The University of Northampton’s Podiatry Clinic. Tel: 01604 893232.

The School of Health website provides information on the services they offer and how much they cost. www.northampton.ac.uk/about-us/academic-schools/school-of-health/podiatry-clinic/podiatry-clinic-contact.

What is podiatry?

Service that provides care and treatment for a range of foot and lower limb problems. In the UK, podiatry is simply the new name for chiropody.

What are the changes that have been made?

People who have foot health needs such as verruca, corns, orthotics and nail surgery and do not have underlying health issues that increase the risk of limb loss or serious health problems will no longer be seen by the NHS funded podiatry service in Northamptonshire. The service does not provide routine nail cutting except in cases of high risk foot conditions.

From 1st April 2014 the Northamptonshire NHS Community Podiatry Service is changing its name to the Diabetic Foot and High Risk Service.

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