



Podiatry



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What is Podiatry?

The Podiatrist works as an autonomous healthcare professional and, also within the wider Multidisciplinary Team to diagnose and provide a comprehensive care plan to manage foot and lower limb pathologies. This includes but not limited to a wide variety of disorders, injuries and local manifestations of systemic conditions. The Podiatric management may include curative, preventative or require-long term palliation or health education. Encompassing all age groups, the Podiatrist aims to make people more foot aware, and deliver an effective and responsive wide range of Podiatry services across Aberdeen City Health Social Care Partnership.

Who is eligible to receive Podiatry?

A number of leaflets and useful information is available on Grampian Guidance to support self management of foot conditions. A Podiatry assessment is provided on the basis of medical risk and / or foot health needs, regardless of a patient's age, socioeconomic status, culture or ethnicity. As part of commitment to support and enable self care, Aberdeen City Podiatry Service does not provide Personal Foot Care e.g. simple nail care, but may provide education and guidance to individuals how to undertake these basic tasks.

Ongoing collaborative discussions with our third sector colleagues are currently being undertaken to establish whether they can provide personal foot care services to patient who are not eligible for NHS Podiatry Services. Personal Foot care is part of a personal hygiene routine for feet and covers a set of tasks that adults normally do for themselves. This includes toenail care, skin care and footwear advice. Please see Personal Foot Care - Looking after your feet leaflet for further information. Should you feel your patient is unable to undertake their personal foot care needs, potential alternative options may include:

- **A family member or carer.**
- **Independent Podiatry Practice (Private).**
- **Voluntary Organisations.**



What can the Podiatry Service offer?

The aim of Aberdeen City Podiatry Service is to provide an efficient, quality person centred service to individuals who present with a lower limb condition which require the specialist skills of a Podiatrist. Aberdeen City Podiatry Service is divided into 4 areas to support your patients, these include:

- **General Core Service:** Individuals with long term conditions who require a basic level of support. This level of care may require a small number of interventions to support the persons foot care needs e.g. soft tissue pathologies.
- **High Risk Service:** Podiatry at this level is aimed at providing care plans to individuals presenting with complex foot pathologies e.g. foot ulceration. A multidisciplinary team approach is integral to supporting the intensive care required Please see Diabetic Foot Clinical Pathway.
- **Musculoskeletal Service:** Individuals with MSK conditions which include a diverse range of complaints and diseases localised to joints, bones, cartilages and tendons will be supported by this clinical pathway. Please see MSK Foot and Ankle Clinical Pathway.
- **Minor Surgery Service:** Individuals with common nail pathologies e.g. ingrown toenails, which require surgical intervention. The treatment plan is short term. In addition, electrosurgery and needling is available to manage persistent lesions such as verrucae. Please see Minor Surgery Clinical Pathway.



Is the patient eligible for a home visit?

Aberdeen City Podiatry Service provides a home visiting service to patients who are chair or bed bound. Please see 'Information on Domiciliary (Home) Visits' leaflet. On exceptions, a temporary home visit may be provided to patients who have experienced an acute episode of illness and clinically too ill to be expected to travel to a community clinic.

How do I refer into the Podiatry Service?

Referral to the service can be made via SCI Gateway or by the patient self referring (telephone and paper based system). The Self referral telephone number and form are available on Grampian Guidance. Paper copies can be requested directly from the Podiatry Service. New patient assessments are provided within Aberdeen Health and Care Village. However, follow-up Podiatry care is provided within each locality across the city. A list of these clinical locations are available on Grampian Intranet.

Self - Referral by telephone or paper based form.



How are referrals prioritised?

Following a robust vetting criteria, all referrals received into the service are vetted electronically via TrakCare. Pending on the individuals Podiatry need, referrals will be categorised routine or urgent. Further information on the referral criteria is available on request.





For further information and advice please contact:

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