



Podiatry Services

Patient information

The purpose of this leaflet is to provide information about Podiatry Services in Tayside

Please note – we do not provide a personal nail care 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 and/or medical conditions that can cause problems with the lower limb. All NHS Podiatrists are registered with the Health and Care Professions Council.

Who is eligible for Podiatry?

The Podiatry Service can be accessed by the resident population of Tayside who present with a **foot related problem** and who meet any of the following eligibility criteria.

- Rheumatology/Connective Tissue Disease
- Severe Peripheral Arterial Disease
- Diabetes Mellitus with a moderate/high risk foot score
- History of foot ulceration
- Chronic Degenerative Neurological Disease – for example Multiple Sclerosis, Parkinsonism, Motor Neurone Disease
- Children (Pre-school to Secondary)
- Anyone requiring nail surgery – for example removal of a toenail
- Musculoskeletal problems – for example Plantar Fasciitis

Please note:

NHS Tayside Podiatry Service is **unable** to accept referrals for people who:

- Do not fall into any of the categories listed above
- Only require personal foot care
- Require verruca treatment

Referral to the service can be made by:

- Self-referral – forms are available from GP Practices or Podiatry Administration offices
- GPs
- Practice Nurses/Community Nurses
- Healthcare Professionals

All referrals are triaged by a podiatrist and are allocated an **urgent**, **soon** or **routine** classification, determined from the information received on the referral. Priority is given to **urgent** and **soon** referrals.

If your referral does not meet the service's eligibility criteria, it will not be accepted and you will be notified of this by letter.

If your referral is accepted, you will be offered an initial assessment. This may be in person or via telephone/video call. The outcome of this assessment may be that you are:

- Discharged from the service due to having no podiatry risk. **Personal nail care is not provided.**
- Referred to 'Footstep', our self management programme to assist you, or someone else, for example a family member or carer, to carry out your foot care safely and effectively at home.
- Placed on a treatment programme provided by a podiatrist or a podiatry assistant, which may take the form of:
 - ❖ A short intensive course of treatment followed by discharge to support you to manage your own foot care.
 - or
 - ❖ An ongoing course of treatment with the aim of maintaining tissue viability, reducing pain, improving mobility and promoting independence, leading to discharge where appropriate.

If you are eligible to receive an episode of care or ongoing treatment, you will be encouraged to take responsibility for assisting with your own foot health.

Contact information for Tayside Podiatry:

Angus

Whitehills Health & Community Care Centre
Station Road
Forfar DD8 3DY
Telephone: 01307 475056 or 475162

Dundee

Westgate Health Centre
Charleston Drive
Dundee DD2 4AD
Telephone: 01382 647461

Perth

Perth Royal Infirmary
Taymount Terrace
Perth PH1 1NX
Telephone: 01738 473249 or 473980

Email: tay.taysidepodiatry@nhs.scot

Developed by Tayside Podiatry Improvement Group and patients

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This leaflet can be made available in other languages and formats on request
Speak to the health professional looking after you to arrange this