



Oxford Health
NHS Foundation Trust

Podiatry

What is Podiatry

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What is Podiatry?

Podiatry is the study of the lower limb and foot, specialising in the feet – and the numerous problems that can occur.

It was previously known as Chiropody.

What we do?

At Podiatry in Oxford Health NHS Foundation Trust, we assess feet for potential or existing problems, offer advice and where necessary, treatment. This can be a one-off treatment or as part of an ongoing plan of care.

We assess all patients to see if their feet fall into the At-Risk category which may make them at higher risk of non-healing wounds and amputation.

We aim to prevent problems in the feet, such as deterioration and ulceration which could result in serious consequences, such as amputation.

We provide a range of services, from routine care in the At-Risk Foot and ingrown toenail surgery, to helping with more complex foot problems including preventing, diagnosing, and treating injuries, and foot ulcerations.

We are not a "toenail cutting service".

Who are we?

We are a team of podiatrists, podiatry assistants, and apprentices – supported by a team of admin staff.

We also host student placements in this department.

Podiatrists often have special interests in wound care, diabetes, rheumatology, dermatology, or musculoskeletal conditions.

Care plans

At your first appointment, we will assess your feet (including the circulation and feeling in your feet) and any underlying medical condition to determine how likely it is that you are going to develop a serious foot problem. We will advise you of your 'Foot Health Risk' status based on the assessment.

Your podiatrist will work with you to try and create a manageable treatment plan, according to your needs and your Foot Health Risk status.

You may be discharged if your 'Foot Health Risk' status is deemed low.

We ask and encourage where possible that patients 'self-help' and manage their own feet where possible and work with us to maintain optimal foot health. We ask that you follow the care plan and any advice given to you.

What we ask?

- ✔ We ask that you work with us, as our treatment plans rely on working in partnership with patients.

If you choose not to follow our 'self-help' advice, it may hinder your care plan and lead to a deterioration of your foot health.

We would respectfully ask that if you have difficulty reaching or checking your feet, someone that cares for you (e.g., spouse, partner, children, carer) checks your feet for any abnormalities every day.

It is important to know what is normal for your feet, so if any abnormalities occur, they can be found and treated appropriately and quickly.

- ❗ If there are any signs of deterioration, abnormalities, or ulceration to your feet, we ask that you contact the podiatry department as soon as possible.

Please note that we have a zero-tolerance policy to physical or verbal abuse to any of our staff.

Appointments

- ✔ We ask for you to be on time for every appointment. Most appointments are 20-30 minutes long.
- ✔ Please attend in appropriate clothing.
- ❗ If you are more than 5 minutes late, we may not be able to treat you, as there may not be enough time to complete the necessary treatment. We may have to reschedule your appointment.
- ❗ If you are unable to attend your appointment, please let us know in advance.

If you fail to attend more than 3 appointments without cancelling them we may not be able to offer you any future appointments and you may have to be re-referred into the podiatry service by your GP or other healthcare professional.

Occasionally clinics may be cancelled due to staff sickness/reasons beyond our control. Clinics may run late, and we may not be able to see you exactly on time. We will politely ask you to be considerate if this happens.

Every missed appointment costs the NHS money. This is a variable cost but, on average is at least £40.

Emergency appointments

Emergency appointments are available for any patients that develop a new/urgent problem to their feet such as:

- a cut that is not healing
- an infection
- pressure damage/new or quick skin discoloration
- new wound/ulceration to the feet.

Signs of infection include increased redness, heat, swelling, pus or exudate, pain, feeling unwell.

If you think that you need an emergency appointment, please contact your local podiatry clinic as soon as possible, and you will be triaged over the telephone.

Emergency appointments are not available for routine nail care, hard skin or corn removal.

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
 Trust Headquarters
 Littlemore Mental Health Centre
 Sandford Road, Oxford OX4 4XN

Phone 01865 901 000

Email enquiries@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: [**www.ohftnhs.uk/membership**](http://www.ohftnhs.uk/membership)

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: [**www.oxfordhealth.charity**](http://www.oxfordhealth.charity)