

## WHAT IS PODIATRY?

Podiatry is the word used to describe the assessment and treatment of the lower limb, particularly of the foot and ankle

## WHAT QUALIFICATIONS DO PODIATRISTS HAVE?

- ♦ All of the Podiatrists working for the NHS Islington Podiatry department have completed an undergraduate BSc (Hons) degree in Podiatry and are registered with the Health Professions Council (HPC).
- ♦ NHS Islington Podiatry also employs Podiatry Assistants and Podiatry Orthotics Technicians. These staff members are generally trained internally within the NHS, following a standard set by the Society of Chiropodists and Podiatrists.

## HOW DO I GET TO SEE A PODIATRIST?

- ♦ You must be an Islington resident
- ♦ Your doctor or other health care professional can refer you to the Podiatry department; or you can self-refer
- ♦ Referral forms can be obtained from your doctor's surgery, NHS Islington Health Centres or by contacting the Podiatry Central Booking Office



## WHAT TYPES OF TREATMENT DOES OUR PODIATRY SERVICE OFFER?

### TREATMENT OF FOOT PAIN

Podiatrists can help diagnose your foot pain by assessing your foot structure and the way you walk.

Your podiatrist can offer advice, exercises and/or orthotics (innersoles) to help conditions such as:

- ♦ Heel pain
- ♦ Arch pain
- ♦ Unstable ankles
- ♦ Bunions

### TREATMENT OF THE HIGH-RISK FOOT

Podiatrists play an important role in caring for patients that are at risk of foot problems due to:

- ♦ Diabetes
- ♦ Circulation problems
- ♦ Rheumatoid arthritis

These patients can be at risk of foot ulcers, infection and possible amputation therefore take priority over low-risk patients

### TREATMENT OF SKIN AND NAIL CONDITIONS OF THE FOOT

The podiatrist can provide this care to eligible patients, based on a medical and clinical need, to facilitate mobility. This includes treatment of:

- ♦ Corns
- ♦ Callous and hard skin
- ♦ Verrucae
- ♦ Thickened or ingrown nails
- ♦ Fungal conditions of the feet and nails

The Podiatry Service aims to educate patients in self-care in order to maintain independent living.

### TOENAIL SURGERY

Some persistent nail conditions, e.g. ingrown toenails, can be permanently resolved through a minor surgical procedure carried out under local anaesthetic.

Not all patients are suitable for this procedure therefore the podiatrist must perform a thorough medical assessment before nail surgery can be performed.

### RADIOSURGERY

Some painful, longstanding verrucae and corns can be treated by a minor surgical procedure using radio waves under local anaesthetic.

The podiatrist will carry out a full medical and biomechanical assessment to determine whether a patient is suitable for this procedure.

### INJECTION THERAPY

Specially trained podiatrists can administer anti-inflammatory injections in the foot to resolve painful conditions where conventional treatments have failed.

All patients referred to this service will have a thorough medical and biomechanical assessment to ensure this is the most suitable treatment option.

