

What other services do you provide?

In addition to our core services we also offer other podiatry services including those listed below:

- **Foot and ankle clinical assessment**
For musculoskeletal foot problems including deformities where surgery may be a treatment option (GP referral only to Physioworks via Single Point of Access).
- **Nail surgery**
For ingrowing and very curved painful toenails. Surgery is carried out under a local anaesthetic at two sites in Sheffield in the north and south of the city.
- **Diabetes foot health advice and foot health promotion**
For patients, health professionals and the local community.

We also work in a number of multi-disciplinary teams including:

- Community Assessment and Rehabilitation Team
- Stroke Rehabilitation Team
- Specialist hospital based teams for people with rheumatoid arthritis or diabetes

Our contact details

Podiatry Services
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Tel: **0114 307 8200**

Website: <http://www.sth.nhs.uk/services/a-z-of-community-services?id=13>



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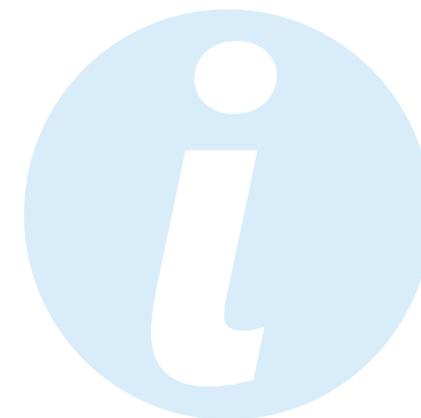
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Access to podiatry services

 **Information for patients**
Podiatry Services



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How do I access the service?

The Podiatry Service receives approximately 8000 referrals per year. To access the service an application form needs to be completed and sent off to our Head Office; this form can be downloaded from our website. We accept both self-referrals and referrals from health care practitioners.

What happens next?

All referrals are triaged (assessed) by a senior podiatrist and a risk status determined from the information received on the referral.

We aim to offer an appointment to all high risk referrals within 1 month of receipt of the application and for low risk referrals within 3 months.

What are the risk criteria?

High risk - Individuals are assessed as high risk if their medical history or medication may put them at risk of developing potentially serious foot problems such as ulcerations, infections or amputations.

Conditions include:

- Diabetes with one or more of the following complications
 - reduced sensation to the feet
 - reduced circulation to the feet
 - a foot problem
 - unable to manage safe self-care

- A history of non-traumatic amputation (lower limb), foot infection or foot ulcer
- Peripheral vascular disease
- Rheumatoid arthritis
- Neurological conditions causing reduced sensation to the feet
- Raynauds syndrome
- Immuno-suppression due to drug therapy or a medical condition
- Infected ingrowing toenail, infected lesion or ulceration
- Oral steroid therapy

Low risk - Individuals are assessed as low risk if they do not have any high risk factors but have foot conditions which cause pain and mobility problems. This can include large areas of painful callus and/or corns.

Where will treatment happen?

Core podiatry services include treatment of nails, corns and callus. In addition we also give footwear and foot health advice. All high and low risk patients triaged for these services will be treated in one of our main sites:

- Central Health Clinic
- Limbrick Centre
- Manor Clinic
- Stocksbridge Clinic
- Woodhouse Clinic

- Graves Move More Sports Centre
- Concord Move More Sports Centre

What services are offered to individuals with diabetes?

People with diabetes who are assessed as being of a low current risk, i.e. no evidence of neuropathy, ischaemia or foot problems, will receive their annual review where their feet are checked by a practice nurse.

We provide regular training for practice and district nurses throughout Sheffield to ensure standardised assessment of the diabetic foot.

What about self-care?

If you are assessed as being low risk and don't have any specific podiatric problem you will be offered a one off appointment to discuss self-care. One of our senior podiatrists will show you how to perform safe foot care, or alternatively we can show a relative or carer how to provide this on your behalf. This includes the following conditions:

- Normal or thickened toenails
- Fungal toenails
- Small areas of callus or corns that are not painful
- Dry skin