

Feet Focus Community Footcare

NHS podiatry in Cambridgeshire is accessible to those that meet a certain criteria. However, for those people that don't meet this criteria they may want or need to access a foot care service. Feet Focus Community Footcare is a low cost foot care service to meet the local need. It is a fee paying service that uses HCPC registered Podiatrists and College of Podiatry trained foot care assistants to deliver nail cutting and callus/corn care.

There are two charges for services depending on your requirements:

- £20 for nail cutting and nail care including reducing the thickness of nails or the reduction of hard skin and corns
- £25 for treatment of both nail care and reduction of hard skin and corns.

Feet Focus Clinics currently in:

- Oaktree Centre, Huntingdon
- Ramsey Road Clinic, St Ives
- Ramsey Health Centre, Ramsey
- Princess of Wales Hospital, Ely
- Chesterton Medical Centre, Cambridge
- Brookfields Health Centre, Cambridge
- Shelford Medical Centre, Great Shelford
- City Health Clinic, Peterborough

For further information about this service contact:

Tel: 03307 260077

Email: cpm-tr.podiatry@nhs.net

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: communications@cpft.nhs.uk

Website: www.cpft.nhs.uk

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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Chilblains



Chilblains

Chilblains are small, itchy swellings on the skin that occur as a reaction to cold temperatures. They most often affect the body's extremities, such as the toes, fingers, heels, ears and nose. Chilblains usually develop several hours after exposure to the cold. They typically cause a burning and itching sensation in the affected areas, which can become more intense if you go into a warm room.

The affected skin may also swell and turn red or dark blue. In severe cases, the surface of the skin may break and sores or blisters can develop.

Chilblains can be uncomfortable, but rarely cause any permanent damage. They normally heal within a few weeks if further exposure to the cold is avoided.

Most people don't need to seek medical advice if they have chilblains as they usually heal within a few weeks and don't cause any permanent problems.

Chilblain Management Advice

- Chilblains are likely to recur in cold weather. This can be minimized with self-care measures such as:
- Protect the fingers and hands by wearing gloves
- Protect the head and ears by wearing a hat and scarf
- Wear appropriate socks and shoes to insulate the feet from the cold
- Keep dry to reduce heat loss
- Do not directly overheat chilblains (for example using hot water)
- It's important not to scratch the skin as it can break easily and become infected.
- Wear adequate clothing to keep the body warm. Clothing should be loose and in layers to trap body heat.
- There is no evidence that supports the use of over-the-counter topical preparations for chilblains, and they are not recommended.

Chilblain Management Advice

- Some products contain ingredients that produce a localized vasodilatory, warming, or rubefacient (such as menthol, camphor, methyl salicylate, capsi-cum, methyl nicotinate, benzyl alcohol, and eucalyptus oil). These products might be considered helpful by patients and they are widely available to buy over-the-counter (for example, Balmosa®, Deep Heat®, and Mentho-latum Vapour Rub®).
- Stop Smoking

See your GP or chiropodist for advice if you have:

- severe or recurring chilblains for possible treatment by Nifedipine
- chilblains that don't improve within a few weeks

You should also seek medical advice if you think your skin may have become infected.