

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 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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Low Risk Diabetic Feet



Risk Factors

Diabetes can cause foot problems because glucose can damage the nerves and blood vessels that supply the foot.

These changes can be very gradual and you may not notice them. This is why your feet are screened every year at your GP practice.

Controlling your diabetes, cholesterol level and blood pressure, and having your foot screened every year by a suitably-trained professional, will help to reduce the risk of developing problems with your feet.

If you smoke, you are strongly advised to seek advice and support for stopping at your GP practice.

Contact your foot protection team at your GP surgery or the Podiatry Department for advice, if you discover any problems with your feet or if:

- a cut or abrasion hasn't healed within a week
- or if you notice any signs of infection (swelling, redness or pain) anywhere on your foot or leg.

Your Risk Assessment

At your assessment appointment you have been shown that you do not have nerve or blood vessel damage at present and so you are currently at low risk of developing complications associated with your diabetes.

As your feet are in good condition you may not need regular podiatry treatment. If you follow the advice in this leaflet, you should be able to carry out your own foot care unless you develop a specific problem.



Footcare advice

- Check your feet daily: for any blisters, breaks in the skin, or signs of infection such as swelling, heat or redness.
- Wash your feet daily: in lukewarm water, using a mild soap; rinse thoroughly and dry carefully especially between the toes. It is not advisable to soak your feet for long periods as this can damage the skin.

Footcare advice

- Moisturise your feet: Cream your feet daily, avoiding between your toes.
- Avoid walking barefoot: as you risk injuring your feet or damaging the skin.
- Nail care: Cut your nails regularly following the curve of the nail using a nail file to make sure that there are no sharp edges that can catch on other toes.
- Hard skin: Remove this by gently rubbing with a pumice stone or foot file. Avoid this over joints and bony areas. DO NOT USE sharp instruments (such as razorblades) to cut off corns and DO NOT USE paints or plasters containing acids on corns.
- Footwear: Check your shoes daily (inside and out) for anything that has pierced through or damaged the lining that may cause a problem such as blistering. Badly fitting shoes can also cause problems from a build up of pressure that can cause callus and corn formation and potentially lead to ulceration.
- Socks, stockings and tights: You should change these daily and avoid seams and elasticated tops.