

## Application For Podiatry Treatment

Cambridgeshire and Peterborough NHS Foundation Trust Podiatry Department can only accept applications for assessment on the basis of health needs or treatment for a specific condition as follows:

Active foot ulceration and/or infection

Where there is a long-term health condition that could lead to infection or ulceration in the feet and where treatment is required for appropriate foot related problems.

Nail surgery for the treatment of ingrown toenails.

Insoles or orthotics for conditions such as flat feet, heel pain.

Day case foot surgery for correction of minor foot deformities.

In the absence of foot pathology, some patients that may be medically at risk who require simple nail care will be expected to perform their own nail care (with the assistance of carer, relative, etc) where appropriate, and are not eligible to receive NHS podiatry. The patient will be discharged or referred to the Feet Focus scheme. In exceptional circumstances the podiatrist may agree a short-term care plan e.g. in the case of a patient with a psychiatric disorder or learning disability who has no identified advocate to assist them.

**WE ARE UNABLE TO PROVIDE CARE  
FOR PEOPLE WHO REQUIRE NAIL  
CUTTING ONLY.**

For further information about this service contact:

Tel: 03307 260077

Email: [cpm-tr.podiatry@nhs.net](mailto:cpm-tr.podiatry@nhs.net)

Cambridgeshire and Peterborough NHS Trust

Tel: 01223 726789

Email: [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

Website: [www.cpft.nhs.uk](http://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](mailto: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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# What Does A Podiatrist Do?



## What Does A Podiatrist Do?

Podiatrists work to improve the mobility, independence and the quality of life for their patients by providing preventative care, diagnosis and treatment of a wide range of problems affecting the feet, ankles and lower limbs. The role of the podiatrist is to prevent or correct deformity and maintain normal mobility and function.

Much of the work of a podiatrist is aimed at prevention and education with podiatrists providing advice on foot care, health education, gait analysis and footwear. In addition they can help to identify medical or surgical conditions that may require further referral and management. They also relieve pain and advise on the treatment of infections and skin, nail, soft tissue and connective tissue problems.

The NHS Podiatry Service in Cambridgeshire offers a range of services for patients with foot related problems, from ulcerations through to corrective surgery. Within this setting acute high risk patients with tissue viability issues relating to the foot are treated and managed.

The department provides:

- routine podiatric treatment such as regular debridement of hard skin and corns and nail care for high risk patients
- wound management including wound debridement and tissue viability for patients with foot ulcers

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- Diabetic Podiatric Specialist services within the acute setting and access to multi-disciplinary team at Addenbrookes, Hinchingsbrooke and Peterborough
- specialist podiatry clinics with community multi-disciplinary team services (step up/down clinics) currently in Cam Health and Isle of Ely
- biomechanic assessment and insole provision for patients with foot pain and gait problems
- nail surgery for removal of problematic nails, i.e. ingrowing or thickened
- corrective foot surgery to bone/soft tissue deformities
- Feet Focus – a fee-paying service for nail care and hard skin removal for those not meeting the high risk criteria

### Access Criteria

Access to CPFT NHS podiatry treatment is currently only available to those who fall into the following groups:

- **High Risk:** Foot pathology and medical condition which could make the foot more vulnerable to complications such as infections and ulcers. Examples include diabetes, circulatory disorders, neurological deficit, inflammatory arthritis, low immunity or bony deformity.

## Access Criteria

- We offer short episodes of care for **Low** and **Medium** Risk patients who require a specific type of treatment for their foot ailment. This includes foot surgery, minor surgery for ingrown toenails, and foot problems which require insoles.

### Referral Process

- EReferral slots are available for new patients into podiatry through GP consultation.  
- Self-referral to the Podiatry Service through the completion of a referral form  
- Health Professionals can also refer using the same form  
- Electronic referrals – using Systm1  
- For those patients that require transport or a home visit, referrals must come from their GP or health professional who verifies they fit the criteria:

- Domiciliary - Where a patient is bedbound or virtually bedbound and unable to access health care.
- Transport - Where medical condition impacts on patient mobility to the extent that they would be unable to access health care or it would be detrimental to their condition or recovery if they were to travel by other means

All referrals should be sent to the local hub administration office where they will be triaged as accepted, rejected, more info required or redirected.