

HEALTH PROMOTION

We are a health promoting service and want to support you to increase control over and improve your health. Staff may ask you a range of lifestyle questions and offer assistance in making lifestyle changes where appropriate, including signposting you to other services.

SUPPORTING YOU TO MANAGE YOUR LONG-TERM CONDITION

If you have a long-term health condition, you may be offered a place on a self management support programme specific to your condition or The Expert Patients Programme. People in Islington living with any long-term condition can refer themselves to the Expert Patient Programme by contacting epp@islingtonpct.nhs.uk or phoning Claire Davidson on 020 7527 1209

PATIENT ADVICE AND LIAISON SERVICE (PALS)

If you need advice, have ideas about how health services can be improved or have a problem with local health services you can contact NHS Islington's confidential PALS service.

Phone: 020 7527 1086 or 020 7527 1087
Minicom: 020 7527 1085
Fax: 020 7527 1413
E-mail: pals@islingtonpct.nhs.uk
Post: PALS Team
Freepost RLSL-UGEZ-KKAY
NHS Islington
338 - 346 Goswell Road
London EC1V 7LQ

PODIATRY CENTRAL BOOKING OFFICE

Our service aims to maintain and promote good foot health in the population of Islington, in order to help sustain mobility, independence and reduce pain. We strive to provide an accessible and equitable high quality service, which listens and responds to the needs of its users.

Phone:

020 7527 1158

Fax:

07092 868 945

Email:

podiatry.centralbooking@nhs.net



PODIATRY SERVICE

Information for patients



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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 Chiropractors 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.

