



CHANGES TO FOOT CARE SERVICES INFORMATION FOR PATIENTS

Changes are being made to improve
foot care services in North East Essex.

The improvements will mean that patients with higher risk of foot complications, or who have active foot disease, will get specialist care more quickly, when they need to.

The changes comply with new 2016 NICE (National Institute of Clinical Excellence) guidance on foot care.



Your next appointment

At your next appointment, your feet will be examined to see whether you are at risk of complications.

The foot care you receive in future will be based on the risks identified at your appointment.

Top tips on foot care for all patients

1. Wash your feet often - keep them clean by washing them every day in warm soapy water.
2. Dry your feet well - especially between the toes which is where fungal infections such as athletes' foot can develop.
3. Moisturise - if your skin is dry, apply moisturising cream all over the foot, except for between the toes.
4. File – gently remove hard skin and calluses with a pumice stone or foot file. Don't overdo it so that it causes bleeding or breaks the skin as the skin will grow back harder than ever.
5. Cut toenails carefully – trim your toenails regularly using proper nail clippers. Do not cut toenails too short and cut them to the shape of the toe – not down the edges as this may cause in-grown toenails. Gently file the nails to remove any rough edges.

Routine nail cutting will not be offered to patients after 1 July 2016

Routine nail cutting will not be offered at podiatry (foot care) clinics from July 2016.

This change follows NICE guidelines.

You will be offered education and support to learn how to take best care of your feet, including cutting your toenails.

Age UK Essex nail cutting service

If you are not able to cut your own nails, or you develop non-urgent foot problems e.g. Verruca, you will need to arrange and pay for these services yourself through Age UK or a private podiatrist.

The Age UK Essex nail cutting service is for all ages and there are regular appointments available at local venues in North East Essex. There is a one off registration fee of £5 and each nail cutting appointment costs £15.

Telephone: **01245 423 333** (lines are open Monday to Friday, 9am - 4pm).

Email: **toenails@ageuk Essex.org.uk**

Paying for toenail cutting and other podiatry or support

You may be eligible to access funds to help you pay for the support you need.

For information about Personal Budgets and Direct Payment see:

www.livingwellessex.org

For information about Personal Independence Payments for someone with long term ill health or disability see:

www.gov.uk/pip/overview

GP Care Advisors

This is a free service for patients and carers which can assist with a wide range of information and support including benefits and completing claim forms. Ask the reception staff at your GP Practice who will request an appointment for you with the GP Care Advisor.



SPOTTED A PROBLEM?

If you develop any problems with your feet, please seek immediate review.

If you have diabetes:

For non-urgent appointments call the ACE Community Gateway Tel **0300 0032 144**

Foot attack? Call the NEEDS helpline on **0845 241 3313**

Other patients:

Call the ACE Community Gateway Tel **0300 0032 144**

