



# Podiatry

How you should be involved in decisions about your healthcare and treatment.



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## What is Podiatry?

Podiatrists are health care professionals who have been trained to prevent, diagnose, treat and rehabilitate conditions of the feet and lower limbs. They also keep people mobile and active, help relieve pain and treat infections. They can give you and your family advice on how to look after your feet and prevent problems from developing.



## Can I receive Podiatry?

A Podiatry assessment is provided on the basis of medical risk and / or foot health needs, regardless of a patient's age, socioeconomic status, culture or ethnicity. A number of leaflets and useful information may be available to support self management of your condition, these will be available at your GP practice or online.

As part of commitment to support and enable self care, Aberdeen City Podiatry Service does not provide Personal Foot Care, but provides education and guidance to individuals on how to undertake these basic tasks. Good foot care is important no matter what age you are. Well cared for feet can improve your comfort, mobility, confidence, independence and have an impact on your overall quality of life.

The following advice sheet has been developed by Aberdeen City Podiatry Service and aims to help you look after your feet by answering these frequently asked questions:

- **What is the difference between Podiatry and Personal Foot Care?**
- **How can I manage my own Foot Care needs?**
- **Who can help if I can't manage my Personal Foot care?**

## What is the difference between Podiatry and Personal Foot Care?

The Scottish Government 'Personal Foot Care Guidance' which was published in 2013 confirmed Personal Foot care e.g. simple nail care is not classified as a duty for the NHS Podiatry service to deliver.

The aim of Aberdeen City Podiatry Service is to provide an efficient, quality person centred service to individuals who present with a lower limb condition which require the specialist skills of a Podiatrist in the prevention, assessment, diagnosis and possible treatment of a wide range of lower limb problems.



## How can I manage my own Foot Care?

Personal Foot Care is part of a personal hygiene routine for feet and covers a set of tasks that adults normally do for themselves. For further information please see the 'Personal Footcare - Looking after your feet' booklet.

## Who can help me if I can't manage my Personal Foot Care?

Should you feel you are unable to undertake your Personal Foot Care needs, potential alternative options may include:

- **Family member or carer may undertake and support your Personal Foot Care needs.**
- **Independent Podiatry Practice (Private).**
- **Voluntary Organisations.**

## How can I make a referral to Podiatry?

Referral into the service can either be made by your General Practitioner or by Self Referral. Further information on how to self refer is available at your GP practice and local health centres. New patient assessments are provided within Aberdeen Health and Care Village. If required, follow-up Podiatry care, may be provided more locally within a community clinic closer to your home or work.



GP Practice



Self - Referral



Health Centres







For further information and advice please contact:

For Aberdeen City:

Podiatry Department  
Aberdeen Health Village  
50 Frederick Street  
Aberdeen, AB24 5HY  
Tel: 0345 099 0200

For Aberdeenshire:

Podiatry Department  
Staff Home  
Upperboat Road  
Inverurie Hospital  
Inverurie, AB51 3UL  
Tel : 01467 672770

For Moray:

Podiatry Department  
The Glassgreen Centre  
2 Thornhill Drive  
Elgin, IV30 6GQ  
Tel: 01343 553077