

## Accessing the Podiatry Service

You can be referred by your GP or consultant, social care team, relatives or carers, practice nurse or district nurse. You can also self refer by completing a referral form available from your local community health centre, GP practice or the CSH Surrey Referral Management Centre (RMC):

E: CSH.Referrals@nhs.net  
T: 020 8394 3868

## Who do we see?

We accept referrals for people who might be at risk from any of the following:

- Diabetes
- Anticoagulant therapy (eg Warfarin)
- Weakened immunity (eg undergoing chemotherapy)
- Peripheral vascular disease
- Peripheral neuropathy
- HIV / Hepatitis B
- Inherited conditions (eg hyperkeratosis)
- Rheumatoid arthritis
- High dose steroid therapy.

We also accept referrals for those who have:

- In-growing toenails
- Functional problems
- Sports injuries
- Foot ulcers
- Severe sepsis
- Severe corns or calluses
- Severe foot deformity.

Please note: CSH Surrey is not funded to provide toenail cutting, treatment of minor corns and calluses, or foot problems not associated with specific medical conditions.

## Need to contact the service?

Please go via the Referral Management Centre (details in the Accessing the Podiatry Service section).

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43  
Email: CSH.Feedback@nhs.net  
Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43  
or email CSH.Communications@nhs.net  
to receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



CSH Surrey, Head Office  
Ewell Court Clinic, Ewell Court Avenue  
Ewell, Epsom, KT19 0DZ

Company registered number 5700920



## Steps to fitter feet:

## People with 'at risk' feet

Information for patients,  
carers and relatives

## Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

## Feet at risk

Many health problems can affect the feet. Some people have reduced blood flow to their feet while others have damaged nerves, which reduce or change the sensations they feel. Understanding these risks could help you to avoid future problems.

Serious foot complications can cause great pain and discomfort. Some helpful tips are:

- Keep your feet clean and protected to reduce the risk of injury and infection
- Do not smoke
- Exercise regularly.

## Daily foot care

- Wash feet in warm water with a mild soap
- Dry feet carefully, especially in between the toes
- Wear fresh socks/tights
- Examine feet – look for signs of redness, swelling and changes in skin temperature or texture.

“I would like to convey my sincere praise for all the care and attention I have received from all the podiatrists... I found them to be so kind and caring.”

Podiatry patient



## Skin care

- If skin is moist between the toes, wipe in between them daily with a piece of cotton wool soaked in surgical spirit
- Apply moisturising cream to dry skin but do not apply it between the toes
- Light use of a pumice stone or foot file may help to remove rough skin
- Do not attempt to use corn pads, plasters or paint containing acid as they can harm the skin
- Do not walk barefoot - this increases the risk of damaging the skin.

## Footwear

- Always wear appropriate footwear for your chosen sport, favourite hobby or everyday activity
- Soft leather shoes with fastenings and a thick sole will hold the foot in the shoe and provide cushioning when walking.

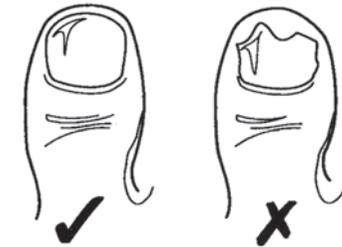


## Cuts and abrasions

These should be cleaned with antiseptic and covered with a plaster or sterile dressing. See your Podiatrist or doctor if it does not heal or you are concerned.

## Nail care

- Cut your toenails regularly, following the shape of the nail
- Do not cut nails too short or down the sides - you should leave an even amount of free nail at the edge



- File rough edges with a nail file or emery board
- If you are unable to cut your nails, try filing them with a nail file or asking a relative or friend to help you file them
- Alternatively see a Podiatrist registered with the Health and Care Professions Council (HCPC).