Pressure Evaluation

Areas of the foot with high pressure points, and excessive skin shearing will be more susceptible to ulceration. Your feet will be examined for skin lesions like corns, diffuse callus, pinch callus or redness. The wear pattern on your footwear will be examined. A pressure mat (Rs Footscan) may be used to

Your Results

Your results will show whether you are low, moderate or high risk. Your podiatrist will advise you on a care plan most suitable for you. You may be referred to another health care professional who will be advised of the results of your assessment. You will be advised when to book your next appointment and how frequent your appointments should be. Head and Short Podiatrists Ltd will liaise closely with your GP, Practice Nurse or Physician, with your consent.

Case Example: Mr. Jones has Type 2 diabetes, diagnosed 15 years ago. He has pulses in both feet. Mr. Jones does not have leg cramps when walking and can feel the sharp sensation from the monofilament. There were no structural concerns with his feet. Mr. Jones was classified as low risk and has been advised to attend annually.

The appointment will take 45 minutes

Please wear loose clothing so we can access your knees and upper arms.

Please bring a list of medication and your general health details.

This service is based on guidelines by Diabetes UK, HCPC, NICE, SCP and Woundcare UK

All our Podiatrists (Chiropodists) are educated to degree standard (or equivalent), are registered with the Health & Care Professions Council (HCPC) and are full members of The College of Podiatrists

Please telephone us to make an appointment:

Harpenden	01582 467667
Hertford	01992 505105
St. Albans	01727 865343
Stoke Newington	0207 275 0382

www.headandshort.co.uk/podiatry

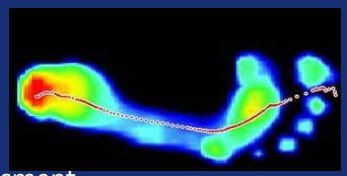
Head Office:
Head and Short Footwear & Podiatry
14 High St, St. Albans , AL3 4EL

Foot Protection Service

Head & Short
PODIATRISTS LTD

What is the Foot Protection Service?

The aim of the foot protection service is to prevent ulceration, hospital admission and reduce the risk of lower extremity amputation in high risk patients like diabetics with neuropathy or poor circulation.



At your assessment:

Your feet will be assessed

You will be given advice on foot care and the prevention of foot injury

Your feet will be treated if you have high risk lesions

We will assess the structure of your feet, record pressure points and give advice on cushioning footwear and insoles

We will assess the neurological and vascular status of your feet

Your feet will have a tissue viability score and risk classification

We will liaise with other health care professionals about your feet.

If you want a chaperone please ask one of our staff, or bring a relative or friend.

Vascular Assessment of the Lower Limb

Your feet are the furthest away from the heart and often suffer the greatest reduction in blood flow. The circulation to your feet will be checked by palpating the pulses of your feet, ankle and maybe behind your knee or groin. Your circulation will be listened to, using a non-invasive device called the Doppler ultrasound. The type of pulse heard will be recorded. The small blood vessels in the foot will also be examined using the Buerger technique. This involves raising your leg and timing the return of the blood after lowering your leg.

The circulation to the skin will also be checked using the capillary refill time. The Doppler ultrasound will be used to compare the circulation in the arm to the leg, known as the ankle brachial pressure index. The blood pressure will be taken of both the arms and the legs. We divide the foot score by the arm score. A normal value is between 0.9 and 1.3. For the assessment you will be asked to rest for 15-30 minutes prior to the appointment.

Neurological Assessment of the Lower Limb

Damaged nerves cause neuropathy – loss of sensation. This can occur due to poor control of diabetes or excessive alcohol intake, for example. Neuropathy can lead to foot ulceration and amputation. The extent of impaired sensation will be checked using a monofilament and tuning fork. Reduced awareness of sharp sensation, using a line of monofilament, indicates your feet are at risk. Loss of vibration may be due to ageing, but accompanied by a loss of joint position awareness will indicate neuropathy. Your feet will be assessed for motor neuropathy (damaged nerves to muscles and joints) and you will be examined for small muscle wasting, progressive toe deformity and abnormal pressure points. Autonomic neuropathy will be suspected if the skin is very dry, fissures are present, veins are distended or there is oedema.