



NHS Podiatry
Domiciliary Department
1st Floor
Slateford Medical Centre
27 Gorgie Park Close
Edinburgh
EH14 1NQ
Tel: 0131 536 1627 opt 2.

Dear Manager/Nurse in Charge,

Footcare is often a feature of personal care not clinical need. The Scottish Government Personal Footcare Guidance (2013) clearly states the difference between personal footcare and clinical podiatry. Personal Footcare is a part of personal hygiene and tasks a normal healthy adult would normally undertake themselves if able to do so. This includes tasks such as cutting or filing toenails, smoothing and moisturising skin and checking feet daily for problems which may require the attention of a podiatrist. Further information can be obtained on the following website: www.lookafteryourfeet.info

The Podiatry Department can support your care staff to become confident managing basic footcare. We have a training package consisting of the following:

- DVD (10 minutes long)
- Supporting booklet and footwear checklist
- Questionnaires (photocopy as required)
- Pictorial guide outlining the diabetic risks for patients
- Referral form and guidelines on completion.

Many carers find this sufficient information to aid and enable them to undertake basic footcare tasks, but others may require further support. The podiatry department is happy to arrange practical training sessions on request. We hope you will find this training package informative and would appreciate any comments or suggestion you may have.

We supply a copy of the questionnaire with the answers so you can check your care staff have understood the learning outcomes. This has been designed for the induction and regular update of staff. A basic footcare certificate will be issued if you forward names to podiatry.office@nhslothian.scot.nhs.uk

NHS podiatry treatment is provided for those individuals with a high Medical and/or Podiatric need (i.e. those at greater risk of foot ulceration). If you would like copies of our referral form (assessment tool) and guidelines (to aid completion) please do not hesitate to contact. Incomplete referrals forms will be returned resulting in a potential delay to treatment.

Please send any completed referral forms to:

FAO of Domiciliary Podiatry,
1st floor,
Slateford Medical Centre,
27 Gorgie Park Close,
Edinburgh,
EH14 1NQ.

Alternatively please scan the forms **double sided** and email them to:
podiatry.office@nhslothian.scot.nhs.uk

If you would like to speak with one of our podiatrists please do not hesitate to contact us on 0131 536 1627 option 2 or by sending an email in the safe transmission grid via podiatry.office@nhslothian.scot.nhs.uk, and we will respond to your query as soon as possible.

You will also find additional information on the NHS Lothian Care Home Podiatry website:

[Podiatry – Care Homes \(nhslothian.scot\)](#)

Yours sincerely
NHS Lothian Domiciliary Podiatry Department