



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: We welcome any suggestions you have, please send your comments, concerns, complaints and compliments to: PALS, complaints and incidents team, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમને ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Discharged from the Podiatry Service - non diabetes

Podiatry Service Administration Office

Room 65 1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ

Telephone (01244) 385000
Visit www.cwps.nhs.uk

Office opening hours:

Monday to Friday 9.00am – 12.30pm and 1.30pm – 4.00pm

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwps.nhs.uk

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The information in the leaflet was valid at the date of production **Jul 2018** and is due for review in **Jul 2020**.

Leaflet code: **F-PDND-18-688**



Why have I been discharged from the Podiatry Service?

The podiatrist has assessed you as having healthy feet, with no underlying foot problems. You do not need to have any further treatment which is very good news. In order to maintain this good standard of foot health, the Podiatry Service expects you to engage in and be involved with undertaking your own foot care.

How can I keep my feet healthy and problem-free?

- Washing your feet daily, using a mild soap. Check water temperature is appropriate prior to immersing your feet.
- Dry your feet thoroughly after washing them and apply a moisturising foot cream. Pay particular attention to any dry flaky areas e.g. the heels, but not between the toes.
- Always file or trim your toenails following the shape of the toe, but never too short, at an angle or down the edges.
- Shop for new shoes in the afternoon as feet swell as the day goes on. Make sure that there is adequate room to wriggle your toes, but not so loose that your feet slide about in them.
- Always wear the right shoes for the job (so no sandals for mountain climbing).
- Change your socks daily. Avoid thick seams over bony or prominent areas of your feet.
- Take the opportunity to exercise feet and ankles when at rest e.g. if you are sat watching TV. This can involve making circles with your ankles, both clockwise and anti-clockwise and wriggling your toes.
- For further information on keeping your feet healthy, please refer to the specific leaflets the Podiatrist will have already given you.

What else do I need to remember?

- Following your discharge from Podiatry, it will be in your best interest to follow the advice to maintain the current good standard of foot health that you enjoy.
- You are advised to take responsibility for your own foot health by following the advice and information provided by the Podiatry Service.
- The Podiatry Service **DOES NOT** routinely cut healthy nails.
- If you feel unable to manage your own good foot health, you may choose to find an alternative provider.

- If you find an alternative provider always agree the fee before confirming an appointment.
- Please ensure that any alternative providers are registered with the Health and Care Professions Council (HCPC)

The podiatrist will give you a discharge pack containing:

- A leaflet about undertaking your own foot care
- A nail file
- A leaflet about footwear
- A list of alternative providers of podiatry and nail cutting
- Contact details of the Gateway Team who may be able to help you with organising general self-care. If you already have carers helping you they may be able to help you with your foot care.
- You will need to speak to the manager of the company providing your care as **there may be a charge for this additional foot care.**
- Contact details of the Benefits Office who may be able to give you information about applying for benefits.
- Age UK provides help with filling in application forms. **Please note there isn't a specific benefit for foot health problems**

What shall I do if I develop a future medical condition that may affect my foot health?

If you are receiving care from another health care professional or carer they may be able to make a referral to the Podiatry Service for you. Alternatively, see your GP or Practice Nurse.

Patient Advice and Liaison Service (PALS)

PALS ensures that the NHS listens to patients, relatives, carers and friends. It answers questions and resolves concerns as quickly as possible.

Call PALS directly on 0800 195 4462 or ask the podiatrist for a PALS information leaflet.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.