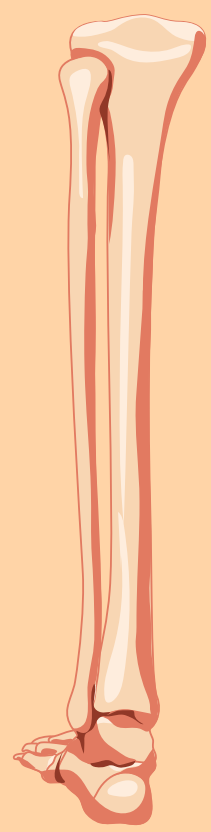
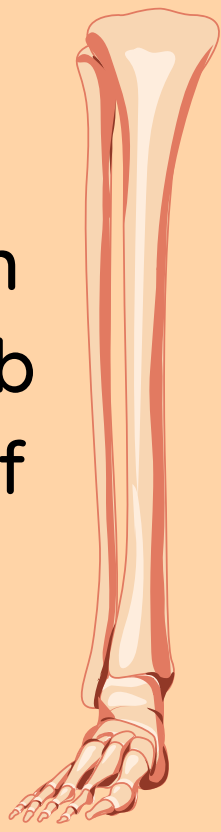


12.10 Community Podiatry services



Podiatrists are specialists in assessment of the lower limb with a focus on treatment of the foot and ankle



Footwear is really important and all people working with older adults can give simple health promoting advice related to it.



Remember- thin stable sole, minimal heel, secure around foot, with fastenings on top such as velcro or laces.

Podiatrists work closely with the wider MDT such as physiotherapists, occupational therapists, nurses and rehab support workers.



Podiatrists cover a vast range of low limb pathologies, including wound care, diabetes, nail surgery, musculoskeletal conditions in adults and paediatrics and prescribing orthosis as well as the routine nail care and skin debridement.



‘Hotspots’ on an older person’s feet may be an early sign of preventable issues. Anything that’s red and inflamed that shouldn’t be, and it’s feeling warmer as well as looking for potential blisters breaks in the skin, pretty early pressure ulceration points.

Scan the QR to see the Royal College of Podiatry ageing feet advice



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