

NHS PODIATRY CARE REFERRAL GUIDELINES



PATIENTS WITH DIABETES			
Diabetes Risk	High risk Previous foot ulcer or Previous amputation or Renal replacement therapy (dialysis/transplant) or Neuropathy + PVD together	Moderate risk Neuropathy or PVD (see definitions)	Low risk No risk factors present
Podiatric Need			
High Podiatric need: Foot Ulceration Foot Infections Gangrene Acute Charcot Foot	NHS Specialist Podiatry ACCEPTED SAME DAY referral to Diabetic Foot Clinic at NNUH or QEH	NHS Specialist Podiatry ACCEPTED SAME DAY referral to Diabetic Foot Clinic at NNUH or QEH	NHS Specialist Podiatry ACCEPTED SAME DAY referral to Diabetic Foot Clinic at NNUH or QEH
Moderate Podiatric need: Corns Callus Nail pathology Deformity not accommodated in normal shoe Nail surgery referrals	ACCEPTED Community Podiatry referral	ACCEPTED Community Podiatry referral	NAIL SURGERY REFERRALS ONLY ACCEPTED FOR LOW RISK PATIENTS - Community Podiatry referral
Low Podiatric need: Nail Care Minor deformity with symptoms / risk managed with non specialist appliances / good off the shelf footwear	NOT ACCEPTED	NOT ACCEPTED	NOT ACCEPTED

NOTE: People with diabetes may have concurrent diagnoses that are covered in non diabetes triage matrix

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NON-DIABETIC PATIENTS			
Medical Risk Podiatric Need	High Medical Risk Neuropathy + PVD together Scleroderma, Rheumatoid or related inflammatory arthropathies Neurological disorders Renal dialysis / replacement Immunosuppression Foot ulceration in last 2 years	Moderate Medical Risk Neuropathy or PVD (see definitions) Warfarin / unstable INR	Low Medical Risk No relevant medical history Osteo-arthritis Poor vision Physical problem (e.g. reaching feet) Learning disabilities Warfarin (stable INR)
High Podiatric need: Foot Ulceration Foot Infection Nail surgery referrals	NHS Podiatry ACCEPTED Community Podiatry referral	NHS Podiatry ACCEPTED Community Podiatry referral	NHS Podiatry NAIL SURGERY REFERRALS ONLY ACCEPTED Community Podiatry referral
Moderate Podiatric need (see definitions): Symptomatic (pain) or significant: Corns Callous Nail pathology Major deformity not accommodated in a normal shoe (NOT FOOTWEAR REFERRALS)	NHS Podiatry ACCEPTED Community Podiatry referral	NHS Podiatry ACCEPTED Community Podiatry referral	NOT ACCEPTED
Low Podiatric need: Minor / non-symptomatic callous / corns Verrucae Nail Care Minor deformity with symptoms / risk managed with non-specialist appliances / good off the shelf footwear	NOT ACCEPTED	NOT ACCEPTED	NOT ACCEPTED

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Definitions:

Peripheral Vascular Disease

Non palpable / monophasic DP and PT and AT LEAST 1 of:

- Non healing ulcer
- Rest pain
- Positive Edinburgh claudication questionnaire
- ABPI of 0.5-0.9

OR

- ABPI <0.5
- Critical ischaemia (pulseless, palor, perishing cold, pain, parasthaesia, paralysis) – SEEK IMMEDIATE VASCULAR REFERRAL

Neuropathy

- Scores 2/3 or less on either foot when tested with 10g monofilament

Deformity

Where there is deformity of the foot which directly affects the presenting lesion. The presence of the deformity stops the lesion being curable.

Ulceration

An open sore on the external surface of the foot.

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Previous Ulceration

Should be attributable to disease process (i.e. as a result of deformity, PVD, neuropathy) with a high chance of recurrence.

EXCLUDE

- One-off traumatic injuries
- Footwear related ulcers where footwear has been addressed
- Those with good resilience that have not re-ulcerated within 2 years
- Those who choose to access private HCPC Podiatry care

Nail pathology

- Onychocryptosis – ingrowing nail causing wound with / without infection
- Severe involution (curvature of nail plate) causing pain, recurrent cryptosis, patient risks infection / injury to self-care
- Pathologically thickened nails which are sufficiently thick to cause pressure on suitable footwear (not normal thickening), which left untreated will result in subungual breakdown. Require professional reduction, self-care with file impossible.

Callous

Hyperkeratosis that requires professional debridement / appliances to prevent ulceration / severe pain.

Corns

Cone shaped area of hyperkeratosis that requires professional debridement / appliances to prevent ulceration / severe pain.