

Foot Health Referral Criteria

All referrals need to be emailed to Single Point of Access thgpcg.spa@nhs.net
The reason for referral should be selected from the drop downs.

Following assessment against the new model criteria and if the patient is at risk of developing or already have serious foot complications e.g. ulceration and or infection they will be offered ongoing care.

Emergency Clinic at Mile End Hospital Foot Health Dept.

Monday-Friday 8.30am - prompt (Excluding Bank Holidays) for treating blisters and sores, discharging and infected wounds and inflamed areas such as acute in growing toenails.

All adults and children referred to the service will be screened. They will be invited for an assessment if they meet the health condition criteria below:

- People with active foot ulcers / wounds
- Chronic in-growing toe nails
- Diabetics with complications affecting their feet (but **not** painful neuropathy)
- Peripheral arterial disease patients
- People with peripheral sensory neuropathy
- People with rheumatoid arthritis affecting their tissue viability
- People who have lymphoedema affecting their tissue viability with active or previous foot ulceration
- People who have significant foot deformity and congenital foot issues requiring therapeutic footwear
- People who have previously had foot ulcers and require foot protection due to medical risk
- Diagnosed mental health & learning disability conditions who are unable to self-foot-care
- People with diagnosed dementia or Alzheimer's disease who are unable to self-foot-care

Referrals for people who do not meet the criteria for Tower Hamlets NHS podiatric services will not be accepted.



Top five not accepted foot health referrals:

1. Diabetics with painful peripheral neuropathy or burning sensation to feet
2. Anyone with a verruca or fungal infection
3. People with rheumatoid arthritis affecting their feet requiring musculoskeletal assessment or insole therapy
4. People with plantar fasciitis, heel pain, digital deformities or bunions
5. Anyone requiring an internal or external heel raise for a leg length discrepancy

Please note that Foot Health Services cannot be offered to people with:

- Painful neuropathy (burning to feet), pharmacological therapy is required.
- Lymphoedema not affecting their tissue viability with active or previous foot ulceration.
- Rheumatoid arthritis which does not affect their foot's tissue viability
- Foot deformity or bony issues requiring corrective surgery i.e. bunions or hammer toes.
- Verrucae, dry skin, corns and fungal infections.
- No other medical conditions or foot complications who used to receive nail cutting services.
- Mobility issues which means they have trouble reaching their feet but have no other medical or foot conditions.
- Biomechanical problems, musculoskeletal problems and sport injuries such as heel pain, forefoot pain, planter fasciitis, will no longer be seen. A GP referral to physiotherapy is required.
- Requirement for footwear adaptations for internal and external heel raises.
- Psoriatic arthritis issues affecting their nails and skin.

All existing patients are subject to this referral criteria and eligibility will be assessed which may lead to discharge if they are assessed as currently low risk from developing serious foot complications.

People who are ineligible for the service but who have foot care needs will be signposted to private non NHS and accredited practitioners which they will need to pay for.

A list can be found on our service website

<https://www.elft.nhs.uk/service/364/Foothealth---Tower-Hamlets>