

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 clearly stated.

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.

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

- Diabetics and all patients with peripheral sensory neuropathy
- Peripheral arterial disease patients
- People with Rheumatoid disease affecting their tissue viability
- People who have lymphoedema affecting their tissue viability with active or previous ulceration only
- People who have significant foot deformity and congenital foot issues
- People who have previously had foot ulcers
- Bedbound patients in domiciliary setting only
- Children
- Mental Health & Learning Disability conditions who are unable to self-care
- Patients with dementia or Alzheimer's disease who are unable to self-care
- Acute in-growing toe nails

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 disease 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 ulceration.
- Rheumatoid disease which does not affect their 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.

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.

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>