



# Podiatry - Information on Domiciliary (Home) Visits.

How you should be involved in decisions  
about your healthcare and treatment.



Scan Me



This publication is also available in other formats and languages on request. Please call Equality and Diversity on 01224 551116 or 01224 552245 or email: gram.communications@nhs.scot

Ask for publication CGD 180402 Version 4

## What is a Podiatrist?

Podiatrists are health care professionals who have been trained to prevent, diagnose, treat and rehabilitate conditions of the feet and lower limbs. They also keep people mobile and active, help relieve pain and treat infections. They can give you and your family advice on how to look after your feet and prevent problems from developing.

## Can I receive a home visit?

Aberdeen City Podiatry Service provides a home visiting service to patients who are totally chair or bed bound. On exceptions, a temporary home visit may be provided to patients who have experienced an acute episode of illness and clinically too ill to be expected to travel to a clinic.

The Podiatry Service encourages all patients to attend their local community clinics for a number of reasons which include being treated within a more appropriate clinical environment; the patient can arrange their appointment on days and times which are convenient for them and for some patients, it is a good opportunity to get 'out and about'.

Please be assured, that by treating a patient at home, the podiatry care is no less than those who attend a clinic, it is simply that the service has limited care options when seeing a patient at home.

## Patients who are not eligible to receive a home visit include:

- **Patients who attend other NHS appointments e.g. GP, hospital appointments.**
- **Patients who attend the hairdresser, shopping, post office, library.**
- **Patients who visit their family or friends.**
- **Patients who attend day centres.**

The service is aware there may be situations when the patient's circumstances are outwith these criteria. In those situations, the clinician will discuss these changes with each person individually and mutually agree a decision regarding their eligibility.



## How can I get to the clinic?

If you need support from the transport services to attend a clinic appointment, the Podiatry Service can provide information on public transport, community transport and health transport services.

## Will I receive Podiatry?

A podiatry assessment is provided on the basis of medical risk and / or foot health needs, regardless of a patient's age, socio-economic status, culture or ethnicity. In line with the Scottish Government Personal Foot Care Guidance (2013), the Service does not provide a personal foot care service e.g. simple nail cutting. Information is available to support you or a carer undertake these duties (please see Personal Foot Care - Looking After Your Feet leaflet).

## What will happen before I receive a home visit?

The Service will contact you prior to your home visit appointment. With your permission, this may be undertaken by telephone or email. To support the Podiatrist, please ensure the following is undertaken:

- Ensure your feet are clean and dry.
- Ensure all pets are in another room or in a cage.
- Ensure adequate lighting is available to provide a safe treatment.
- Do not smoke during treatment.
- Ensure hand-washing facilities are available for the Podiatrist, before and after treatment.

No smoking



Hand-washing facilities



Keep pets away



Podiatry - Domiciliary (Home) Visits



## What will happen during a home visit?

- The Podiatrist will update details of any changes to your medication and medical history.
- An assessment of your current Podiatry needs will be undertaken and an appropriate treatment plan discussed. If required, treatment will be provided.
- If a return visit is required, a return date will be discussed and agreed between you and the Podiatrist.

## What will happen after my home visit?

- The Podiatrist will record the date of your return visit.
- The Service will contact you prior to your home visit appointment.
- Should you require an earlier review due to worsening of your foot condition, please contact the Podiatry Service on the contact details within this booklet.



Podiatry - Domiciliary (Home) Visits







For further information and advice please contact:

For Aberdeen City:

Podiatry Department  
Aberdeen Health Village  
50 Frederick Street  
Aberdeen, AB24 5HY  
Tel: 0345 099 0200

For Aberdeenshire:

Podiatry Department  
Staff Home  
Upperboat Road  
Inverurie Hospital  
Inverurie, AB51 3UL  
Tel : 01467 672770

For Moray:

Podiatry Department  
The Glassgreen Centre  
2 Thornhill Drive  
Elgin, IV30 6GQ  
Tel: 01343 553077