

# Podiatry and Foot Protection Service

**BEST Event 21<sup>st</sup> January 2026**

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# Barnsley Podiatry Team

- We are a small team consisting of 12.87 whole time equivalent podiatrists with a wide skill mix from band 5 to 8.
- The team has 3 non-medical prescribers.
- Providing podiatry services in biomechanics, nail surgery, wound care, high-risk general podiatry, group education.

# What is Podiatry?

Podiatry is a branch of medicine that is devoted to the study, diagnosis and treatment of **disorders** of the foot and ankle.

“Podiatrists provide preventative care, diagnosis and treatment of a range of problems affecting the feet, ankles and legs”  
(Royal College of Podiatry, 2024).

We focus on a range of treatments including biomechanics, nail surgery and high risk wound care as well as foot protection.

# Referral criteria

## Inclusion criteria:

- Recurrent ingrown toenails requiring surgical intervention
- Active wound
- Painful corns or callous with high-risk medical conditions
- Pain because of suspected biomechanical pathology

## Exclusion criteria:

- Nail care – including fungal nail infections
- Verrucae
- Non-symptomatic corns or callous
- Dry skin conditions
- Non painful biomechanical problems

# How the Service works

- We accept referrals from the following – Self referral, District Nurses, Practice Nurses, AHP's, GP's, Vascular, Dermatology and Private Podiatrists
- Please help us triage your patients by providing as much information as possible about the foot problem/condition, and the patient's medical history, including medication. Including photographs if possible.
- If the required information is not provided on the referral, it will be returned to the sender resulting in a delay in treatment for the patient

# How the Service works

- All patients are triaged according to their podiatric need
- Patients are offered a face-to-face or telephone assessment with a Podiatrist depending on their problem
- During the assessment, some patients will be given treatment and then discharged with self-care advice
- For patients with a greater podiatric need, treatment will be given and a plan put in place for ongoing care. Some patients are on our caseload for years due to their complex and severity

# Nail Surgery

- We only see patients with ingrowing toenails to assess for their suitability for nail surgery
- If the patient is suitable, we perform the nail surgery, and book one follow up appointment to redress the toe and then discharge with self-care advice
- If the patient declines nail surgery, they will be discharged to seek private treatment



# Biomechanics

- We treat mechanical pain based on standing/walking
- A patient must be symptomatic – we will not correct a walking abnormality if the patient is not symptomatic – often correcting something that is normal and not painful for a patient can cause more problems.
- We offer high risk pressure relief to reduce plantar pressures and assist in wound healing/preventing breakdown ie – patients with diabetes or Rheumatoid arthritis.
- Paediatric biomechanics – persistent tripping, growth/postural issues – knee positioning or in-toeing



# Group education sessions

- When patients with diabetes are diagnosed with neuropathy during their annual foot check at their GP Practice – we now offer monthly group education sessions, which have been very well received
- Patients can bring 1 other person with them - family member/carer

# Wound care

Wound care now accounts for the majority of our caseload

Focusing on high risk wound care in diabetics and non-diabetics.  
Post surgical amputation sites, gouty ulcers, pressure relief, charcot foot, osteomyelitis and ischaemic wounds



With **all of us** in mind.

# Wound care continued

Some more examples of the complex wound care we routinely treat





**Wound Case Study**  
**Larvae Therapy**



# Foot Protection Service

- We also offer a foot protection service for those classed as high risk with a history of amputation and a podiatric need such as callus reduction to prevent future ulcerations.



# What advice you can give to your patients to protect their feet

- ✓ Check feet daily for any break in the skin or pressure points from rubbing
- ✓ Don't walk barefoot
- ✓ Wear supportive footwear, with a fastening
- ✓ Good foot hygiene – washing and drying daily

We also provide diabetic foot check training to primary care nurses several times a year

## Service improvements over the last 12 months

- More non-medical prescribers, and one currently doing the course
- Recently introduced an advice phone that any health care professional can ring for advice, there will always be a band 7 or 8 available to answer the advice phone **07387133090**
- Improved access to pressure relieving devices and offloading shoes for patients with wounds/high pressure areas
- Rapid access to biomechanics for pressure relief assessment for patients with active wounds
- Group education feedback 75% found the session excellent, 25% good, 5% neither good or bad.

“Specialist Wound care advice at your fingertips.”

FOR STAFF USE ONLY – NOT TO BE SHARED WITH PATIENTS.



**What is it?** A dedicated telephone advice line for Trust and primary care staff access to an **Advance Wound Care Specialist Podiatrist** for clinical guidance.



**When is it available?** Monday to Friday 9.30am to 4.00 pm (From 12 January 2026)



**Why is it important?** The podiatrist plays a critical role in supporting the timely management of foot wounds, providing evidence-based decisions for complex foot wound management: improving patient outcomes and reducing complications to help keep patient sat home.



**Advice Line Number: 073871 33909**



### Use this line for:

- ✓ Urgent wound care advice
- ✓ Dressing Selection guidance
- ✓ Escalation advice for deteriorating wounds

Help us to keep this line focused on urgent wound care advice and guidance.

**NB. For routine enquiries and referrals use the existing pathways.**



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**Thank you for your time**

**Any questions?**

[www.southwestyorkshire.nhs.uk/services/podiatry-service](http://www.southwestyorkshire.nhs.uk/services/podiatry-service)

**Telephone : 644315**

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