How to refer to the podiatry service

We are a team of specialist staff involved with the assessment, diagnosis and management of the lower limb in people of all ages.

If you feel that you would benefit from an assessment, self-referral forms are available from all community clinics.

Your GP or practice nurse can also refer you.

If you have internet access you can access the referral form here: https://www.merseycare.nhs.uk/our-services/physical-health-services/podiatry-service/

And email it to: podiatry.referral@merseycare.nhs.uk

Our patients matter

Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team

Telephone: 0151 471 2377
Freephone: 0800 328 2941
Email: palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please contact the Equality and Diversity Team.

Telephone: 0151 472 4758
Email: equality2@merseycare.nhs.uk

Mersey Care NHS Foundation Trust
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**Anhidrosis**

Anhidrosis is the term used to describe dry feet. Skin on feet are naturally dry, unlike elsewhere on the body skin on the feet do not have oil glands so relies on sweat glands to keep feet moisturised.

Dry skin can cause cracking, dry patches and itchiness.

Dry skin can be exaggerated by:
- excessively hot baths/showers
- weather conditions
- open backed shoes such as sandals
- some medical conditions.

Tips keep feet moisturised:
- file skin on feet weekly when dry
- apply simple moisturiser daily
- wear socks
- wear suitable footwear.

**Verrucae**

Verrucae are plantar warts that are commonly found on the soles of the feet and around the toes.

They are caused by the Human Papilloma Virus (HPV) and are contagious through direct person to person contact.

It is thought the virus thrives in moist environments such as swimming pools and changing rooms, however it is possible to contract verrucae by simply walking barefoot across the same floor as a person already with verrucae.

Verrucae often appear like a small cauliflower type growth with small black dots. Callus (hard skin) can form over the verrucae making it painful.

You should avoid touching or scratching the verrucae as it could spread to a cluster of warts.

Podiatry can assess your feet to confirm a diagnosis of verrucae and discuss treatment options. Callus can be removed by a podiatrist to relieve any pain you may be experiencing.

**Tinea pedis (Athlete’s foot)**

Tinea pedis is a fungal skin infection caused by fungi growing and multiplying on the skin. It is contracted through person to person contact, typically in communal areas where you may walk around barefoot.

Fungi thrive in warm, dark, moist environments making tight shoes or trainers an ideal breeding ground.

Tinea pedis can present itself as dry, red, flaky patches of skin on the foot. It can also present as moist, white, cracked lesions inbetween the toes. It can cause intense itching and can sometimes lead to a bacterial infection if there is a break in the skin.

Tinea pedis can also spread to the nails causing them to become thick and discoloured. Podiatry can give advice about treatment options and general foot care to prevent the problem from reoccurring.

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