

# Tiptoe Foot Care

## Chiropody and Podiatry - Price List

Nail cutting	£20
Routine chiropody	£30
Combined podiatry & 10 minutes reflexology	£40
Assessment / Annual Review	£35
Ulcers and redressing	£35

Consultation and treatment is by appointment only, and is on a private basis. All fees are payable at the time of consultation.

\*  
24 hours notice is required for cancellation of an appointment, otherwise a fee may be charged. We operate a 24-hour answering service.

### CONTACT US TODAY TO MAKE AN APPOINTMENT

**East Barnet Clinic**  
19 Longmore Avenue,  
East Barnet,  
Herts EN4 8AE  
**020 8441 4213**

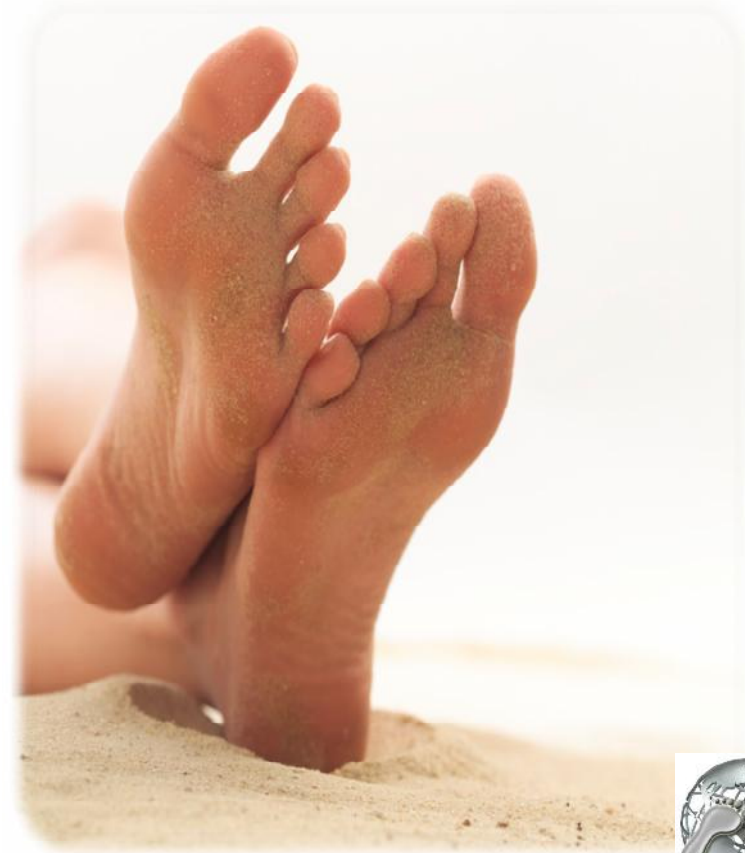
**Potters Bar Clinic**  
AJ Dental Clinic  
29 Southgate Road,  
Potters Bar,  
Herts EN6 5EA  
**01707 658654**

**Palmers Green Clinic**  
North London Health Centre,  
Broomfield Avenue,  
Palmers Green N13 4JJ  
**020 8886 3631**

**Hendon Clinic**  
Laboratory Spa & Health Club  
1 Hall Lane  
London NW4 4TJ  
**020 8201 5500**

**[www.tiptoefootcare.com](http://www.tiptoefootcare.com)**  
HPC and State Registered Podiatrist

# Podiatry and Foot Care Services Guide for Nursing Homes



**Tiptoe**  
**Foot Care**

Your Feet in Our Hands

## Clinic Information

We are proud to offer our podiatry services to nursing homes.

We provides domiciliary treatments for the disorders of the skin, nails, small joints and ulcers.

All our podiatrists have a number of years of experience in problems of the lower leg. Our podiatrists have specialist knowledge on diabetic foot, ulcerations and wound care and work in a number of nursing homes. They have also been recommended by the Vascular Consultant at Barnet General Hospital.

## Information about the Services & Treatments Available

### Routine Podiatric Treatments

This includes treatments for a number of common foot disorders such as corns, hard skin, cracked heels and difficult nails. Additionally each patient will receive regular vascular, neurological and a basic biomechanical assessment.

Indications: Any patient with a foot problem. The podiatrist will accurately identify the problems and provide specialist advice and treatment for it.

### Nail Problems

A podiatrist can treat a variety of nail conditions such as reducing thickened nails, fungal nails or help prevent ingrown toe nails.

### Wound Cares Services

We provide evidence based wound care treatments for:

1. Diabetic ulcers; Ischemic/Arterial/Venous ulcers; Pressure ulcers; Surgical wounds; Chemotherapy

induced wounds;

Our podiatrists will always be on call to treat all types of foot ulcerations, swelling, discolouration and foot emergencies. The podiatrist will investigate the cause of it while initiating and supervising wound care management. They will do this through using the appropriate dressings, redistributing pressure areas and debridement. If the wound is infected the podiatrist will recommend the appropriate treatment and referral e.g. the use of antibiotic therapy.

Here is just one of the patients' views about the service:

*"Afni has been really supportive and good for my feet in the last few months. The effects of a chemotherapy drug led to ulcers on my feet, which she treated with sensitivity and knowledge. Not many people understand the effects of chemo on feet, and Afni knew her stuff and was gentle and sympathetic in treating my feet, suggesting dressings, comfy socks, various creams etc. I did not realise the importance of podiatry until I went to see Afni- my feet are better because of her interventions. She is great and I thoroughly recommend her!"*

Reena Bhavnani

### At Risk' Feet Assessments and Treatments

There are many patients whom, because of their social circumstances, medical condition/s or their medication may lead to their feet being considered 'At Risk'. These patients may require a podiatric input for further advice, assessment or treatment.

Such patients may include:

Those on long term steroid medication. or anti-coagulant therapy. Patients who may be immune-compromised / immunosuppressed. Patients with vascular or neurological deficit. Patients with vascular or neurological deficit. Vulnerable groups (e.g. learning difficulties, elderly etc.) Diabetic patients, Rheumatological patients

We will offer these patients regular assessments, ongoing care, advice and treatment to help prevent serious foot complications. A written report will also be sent back to the patient's General Practitioner and the Nursing Home.

### Diabetic Foot Health Assessments

Our services will provide regular diabetic foot assessments. These assessments will follow the NICE guideline recommendations. Treatment and appropriate advice will be given to the patient and their carers.

### Our Management Approach

Our approach to effective care involves a close partnership between patients, the podiatrist and the nursing home team. We also arrange a recall and annual reviews as part of the ongoing care given.

Assessments include:

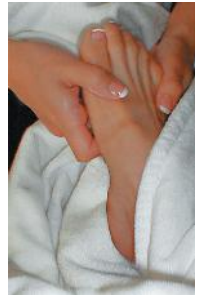
Testing of foot sensation including pain, light touch and vibration  
Palpation of foot pulses using a Doppler  
Ultrasound machine  
Inspection of any foot deformity and footwear.

A foot risk classification and action plan report is then formulated. A copy of the report will also be sent to the patient's General Practitioner.

## Reflexology:

Reflexology is a therapy that involves applying pressure on the feet or hands. Each reflex point in the foot is connected to an organ and part of the body. Working on a particular point can stimulate energy by a reflex action to a related muscle or organ, therefore encouraging healing.

The treatment is relaxing and can help alleviate tension and stress. The therapy has a cumulative effect and a course of treatments are therefore recommended. Benefits include: release of tension and deep sense of relaxation; healthy blood circulation and removal of toxins; improved sleep pattern and energy levels.



## About the Tiptoe Practices

Tiptoe is run by Afni Shah, who graduated from University College London in Podiatry BSc (Hons) and completed her MSc degree at Kings College, London. She has a number of years experience in treating diabetic feet, biomechanics and wound care of the lower leg.