

# Monthly Newsletter

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Mar 2019 | Issue Number 76



## Into 2019

We are pleased to bring you a service that aims to deliver the care, time, and professionalism your feet deserve. We believe you, your family (and all those feet!) deserve great foot health care.

We aim to deliver this when you need it, and with the utmost professionalism. Over the last year we have invested heavily in improving the clinic with a makeover of Surgery 3, a new 3D scanner and gait analysis system, new carpet throughout and new drills. This year we are aiming to improve the environment within the reception area.

We continue to be available to book new patient appointments and routine visits directly online at [www.thefootcarecentre.co.uk/online-booking](http://www.thefootcarecentre.co.uk/online-booking) and as we look to hone our service, we value the feedback given through patient

questionnaires.

Our team has grown! Say a 'hello' to our Podiatrist Rafael Fuster Domingo who joined us in February and Mandy Pickering our new receptionist who joined us in January. If you see them both around the clinic be sure to say hi as they will be sure to give you a smile! Our clinic is a happy, relaxed, pleasant place to work because of the people that work here and those that attend here!

Check out our changing health educational videos around the clinic for foot health education on various topics.

Small things are big things to us too. Following feedback upon lighting within the reception area, we have carried out an upgrade within the last few months so please let us know what you think!

**Contact Your Podiatrists**

**The Footcare Centre**

**01932 849373**

[info@thefootcarecentre.co.uk](mailto:info@thefootcarecentre.co.uk)

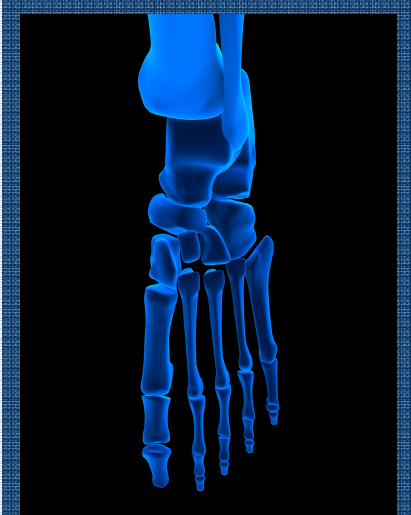
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Weybridge  
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KT13 8QS

Web:

[www.thefootcarecentre.co.uk](http://www.thefootcarecentre.co.uk)

## Oh No!!

*In February, we had 15 patients that failed to attend their appointment!*



## Into 2019

(Cont'd from previous page)

- We have been able to maintain the price of a 20min podiatry appointment at £42 and 30min podiatry appointment at £50 for over two years; something we are proud of. However as of the 1<sup>st</sup> June 2019 we advise

the cost of a 20min and 30min podiatry appointment will increase slightly by £2, making them £44 and £52 respectively.



## Trench Foot

Trench foot or immersion foot is a form of tissue damage due to extended exposure to wet and cold environments.

It is different from frostbite in the sense that the skin does not freeze. Luckily, the condition is preventable. Trench foot causes lasting damage, so be sure to look out for the signs and treat it quickly.

*What are the signs?*

The usual indications of trench foot include:

- Pain
- Tingling sensation or itchiness

- Swelling
- Numbness
- Cold and blotchy skin
- Prickly or heavy feeling

If the foot warms up, the foot changes from white or red, later turning dry and painful.

Expect blisters to form, where the skin and tissues falls off the foot. If the condition is not treated, it can progress to gangrene and even require amputation.

## Trench Foot (cont'd from previous page)

### *What is the cause?*

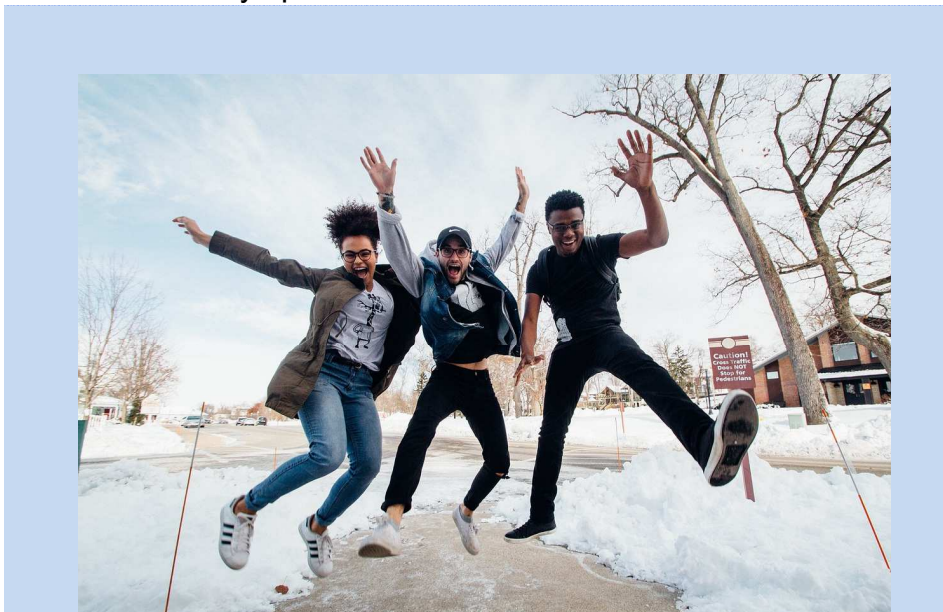
Trench foot stems from exposure to temperatures between 0-15 degrees Celsius (32-59 F) and the risk increases if the feet are also wet. It arises if low temperatures limit the flow of blood to the foot.

Some develop signs after an hour of exposure while others have symptoms that

manifest a week after. The seriousness of the injury is based on the coldness, wetness of the tissue and length of exposure.

### Management of Trench Foot

If an individual is likely to have trench foot, seek medical care. Your podiatrist will assess the foot to determine the stage.



Although the effects of the condition can be alleviated, it can lead to lasting chronic pain and tissue damage. Long-term follow-up care is part of the treatment.

The initial step is to remove the individual from the wet, cold environment and warm the limb steadily. Rapid warming of the foot can worsen the damage.

Pain medications are prescribed to lessen the discomfort and ensure proper protection from any sores that form.

Other treatment and preventive measures include:

- Cleanse and thoroughly dry the feet
- Use dry, clean socks daily
- Avoid wearing socks while resting or sleeping

In severe cases, there is difficulty walking due to the pain, swelling and blisters. You should raise your feet and avoid walking to lessen the swelling.

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If you would like a copy of this newsletter emailed to you every month, then please let reception know and they will ensure that your email address is added to our distribution list.

The Care,  
Professionalism and  
Time that your feet  
deserve



## Questionnaire results

We have now collated our new patient questionnaire results for 2018. We are pleased to publish the results below:



### Questions put to Patients

% of Patients  
scoring: Very  
Good or  
Excellent

How well the clinic ran to time?	100%
The environment in the practice – clinic / reception?	94.2%
Were there clear explanations during your treatment that you could understand?	98.1%
The skills of the person you saw?	100%
The personal manner of our team?	100%
How well did you feel your concerns were addressed / treated at your appointment?	100%
How do you feel about the quality of the visit overall?	100%



2018 figures based on 52 questionnaire responses collected between Jan 2018 & Dec 2018.

Would you be willing to write a Google review about your experience today? If so, please visit:



<https://goo.gl/rN1MEF>

Your feedback is highly appreciated and important to us and we look forward to reading your comments.

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