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| <p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: We welcome any suggestions you have, please send your comments, concerns, complaints and compliments to: PALS, complaints and incidents team, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.</p> |
| <p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১বিবিকিউ ঠিকানায় লিখুন।</p> |
| <p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्युपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |
| <p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p> |

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **PALS, complaints and incidents team**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwps.nhs.uk

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Podiatry - Foot health education

Inspecting your feet for the signs and symptoms of foot health problems that need urgent attention

Podiatry Service Administration Office

Room 65 1829 Building
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ

Telephone (01244) 385000
Visit www.cwps.nhs.uk

Office opening hours:

Monday to Friday 9.00am – 12.30pm and 1.30pm – 4.00pm

Why do I need to inspect my feet?

As part of your continued commitment to maintaining the good health of your feet, it is important that you inspect them every day. You need to be aware of their **usual** appearance, sensation and temperature, so that you can recognise anything **unusual** or if change occurs. Checking every day is even more important if you have nerve damage or poor blood flow.

Daily inspection will increase your awareness of the health of your feet, and provide the best opportunity for you to respond quickly to any changes if they do happen.

What do I need to be aware of when inspecting my feet?

Look out for:

- Bumps, lumps, blisters or bruises
- Cuts, sores, or cracked skin
- A discharge which may be discoloured and smell
- Patches of thin or shiny skin
- Areas of redness with or without swelling
- Temperature differences - one part warm, another cold
- Pain, sharp and stabbing, throbbing, tingling
- Numbness, over-sensitivity or no feeling at all
- Ingrown toenails with red, puffy skin along the nail, tenderness or pain
- Any of the above along with generally feeling unwell

How do I inspect my feet?

The best time to inspect your feet is after a bath, shower or when feet are newly washed, but dry (including between the toes). Sit in a well-lit room on a stool, bed or chair.

If you are unable to bend over or to see well, pull your feet up to check them and use a long handled or magnifying mirror or ask someone else who is able to check your feet.

Lift each foot and look at the top, side and back of each foot, and in between each toe. Press each toe in turn. Use cotton wool to touch each area of the foot lightly. Are the toes and foot warm and pink, with normal sensation?

What else should I be aware of?

- Foot pain
- Changes to the appearance or sensation in your feet
- Changes in skin colour or texture
- Cramp in your feet or legs
- Dry feet can crack and cause pressure sores
- Even the tiniest crack can become infected.

If I see or feel any changes that concern me, what do I need to do?

Make an appointment to see your GP, Practice Nurse or this NHS Podiatry Service as soon as possible. Keep useful numbers handy, and know who to contact at the first sign of problems with your feet.

Emergency Drop-in Podiatry Foot Clinics

Please note these clinics are for emergencies only – and not for fungal/discoloured nail or routine podiatry or nail cutting. If you do not have an emergency foot problem you will not be seen.

Fountains Health 3rd Floor
Delamere Street
Chester CH1 4DS
Fridays 9.00am – 10.45am

Stanney Lane Clinic
Stanney Lane
Ellesmere Port CH65 9HA
Tuesdays 9.00am – 10.45am

Excludes Bank Holidays

Excludes Bank Holidays

The doors open at 8.30 and the clinics start at 9.00. Patients are seen on a first come first served basis and must arrive before 10.45. Being seen can involve a wait.

If you can, call the Podiatry Service on 01244 385000 to let us know you intend to attend.

If you have a problem that you think needs urgent attention and you are unable to attend a drop in clinic, please call the Podiatry Service and a podiatrist will call you back and give you advice or if necessary, arrange an appointment for you.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.