



Diabetic Foot Clinic

Information for People Attending the Diabetic Foot Clinic

Please note: This is general information and should not replace any personalised advice given to you by your healthcare team.

Why Have I Been Referred to the Diabetic Foot Clinic?

You have been referred to the diabetic foot clinic by another health professional, such as a GP or a community podiatrist, who is concerned about a wound on your foot, such as an ulcer. The wound may have started as a blister, caused by rubbing on the foot by ill-fitting shoes, or you may have had an injury that you didn't feel or notice due to neuropathy (nerve damage in your feet). The diabetic foot clinic team are here to treat the wound and advise you on how to help it heal in the shortest amount of time possible.

Importance of This Appointment

Having diabetes means that any wound you may have can have trouble healing. This means that there is a higher risk of infection than in those patients without diabetes. If infection gets into the bone of your foot then serious complications could arise, such as surgery or amputation. It is therefore very important that you attend this and all other follow up appointments.

If you cannot make your appointment please phone the diabetic foot clinic on **01305 255130** to cancel as soon as possible so that the appointment can be utilised for another patient.

Meet the Team

Podiatrist: Nikki Grenville-Cleave

Clinic Nurse: Martyn Norris

Diabetes Consultants:
Dr Adeel Ghaffar
Dr Fiona Wotherspoon
Dr Andy Macklin
Dr Mo-Lee Wong

In some special cases other health professionals may attend the appointment such as:

Vascular Surgeons: Mr James Metcalf
Mr Alex Watson

Orthotics Specialist: Mrs Carolyn Royse
Orthopaedic Surgeon: Mr Nick Savva
Plaster Technician: Mr James Vincent

Appointment Length

The appointment should last between 45 minutes and 1 hour.

Appointments with Community Podiatry / Practice Nurse / District Nurse

We work alongside the community health professionals who may already be looking after your foot, but it is very important that this specialist appointment is kept. With this in mind, if you find that this appointment clashes with a community appointment, we would advise that you cancel the community appointment and attend this specialist clinic at the Diabetes Centre. We often coordinate diabetes clinic appointments with other community appointments (such as Community Podiatrists, District Nurses, and the Vascular Team) so that your foot is regularly and fully monitored.

Home Visits

Unfortunately, we are unable to offer home visits. If you are unable to attend this appointment, please contact us on **01305 255130** so we can make suitable alternative arrangements for your treatment.

What to Bring to the Appointment

Please bring with you:

- A list of your current medications
- Your blood glucose monitoring book and meter (if you check your blood sugars regularly)
- Any specialist footwear that you wear regularly

Facilities

We have wheelchair access to the diabetes centre and disabled toilet facilities.

Parking

Parking at the diabetes centre is limited and we have 2 disabled parking spaces available. This is a pay and display car park, run by a private company. **Disabled patients are exempt from this charge providing a Blue Badge is displayed on the dashboard of their vehicle.**

If you have any questions about your appointment, please contact us on **01305 255130**

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If you have feedback regarding the accuracy of the information contained in this leaflet, please email pals@dchft.nhs.uk.



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