

ADDITIONAL RESOURCES

Footcare Fife offers a low cost nail cutting service which is provided by trained volunteers and supported by Fife Health and Social Care Partnership. This service is available at various locations throughout Fife, costing £10 per visit. To find out more or book an appointment phone 0800 389 6046 or go online www.footcarefife.org.uk

Other sources of help may include Fife College Beauty Therapy students or local nail technicians. <https://www.fife.ac.uk/courses/subject-areas/hair-beauty-and-make-up-artistry/>

Should you choose to use a private podiatrist, a list of HCPC registered practitioners can be found on the College of Podiatry website using their 'Find a Podiatrist' function <https://cop.org.uk/>

NHS Fife provides accessible communication in a variety of formats for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact: fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130

Further patient information leaflets are available online on our website www.nhsfife.org/

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.

www.fifehealthandsocialcare.org



PODIATRY DEPARTMENT



Personal Footcare

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WHAT IS PERSONAL FOOTCARE?

Personal footcare is care that adults normally do for themselves such as cutting and filing toenails, smoothing and moisturising skin and checking footwear.

Personal footcare can be undertaken by individuals themselves, family members or by carers.

Nails which are filed often (ideally daily) with an emery board should not need cutting.

SCOTTISH GOVERNMENT RESOURCES

The Scottish Government have published personal footcare guidelines in order to support individuals, family members and carers and can be viewed on their website under 'personal footcare guidance'

This document aims to help to reduce the risk of falls, maintain mobility levels and promote independence. The guidelines cover:-

- Personal Footcare Guidance
- Looking After Your Feet
- Looking After Someone Else's Feet

BASIC FOOTCARE

- Using clean nail nippers make two or three small movements, cutting carefully across your nail.
- It may be easier to cut nails after a bath.
- Be careful not to cut too short or down the sides of the nail.
- If you have difficulty cutting your nails it may be easier to file them using an emery board always before a bath/shower.
- Gently rub hard skin with a pumice stone or foot file.
- Apply moisturiser cream to your feet daily avoiding the area between toes.
- Make sure your shoes are wide enough, long enough and deep enough.

RESOURCES

Further information, education and video are available via this link.

<http://www.knowledge.scot.nhs.uk/home/portals-and-topics/personal-footcare.aspx>

A DVD may be available from NHS Fife Podiatry Clinics.

Information can also be found on our NHS Fife Podiatry Facebook page and on Twitter @NHSFifePodiatry