



FOOTNOTES

Foot Health Practitioners Newsletter - Issue 2



APR 2020

Hi everybody

This week on the 23rd March 2020, I decided to close my footcare practice.

This was a very difficult decision, as I am now 18 months into my new career, which was developing quite nicely.

It seems unreal to have time off work when I feel perfectly fit and well, but I feel I need to adhere to the government guidelines however hard that this may seem.

On the lighter side, what can I do with all this spare time?

I have decided to decorate the surgery, inspected my work instruments, cleaned out my travel case, and made sure that I am ready for when I can work again.

This enforced break is a good opportunity to catch up on C.P.D. and have a bit of a rest.

A REST ???

I have been informed by my wife, that this will not be happening.

I have gardening, fence and shed painting, slab cleaning, and garage clearing out, the eureka moment for her came when she found an unopened packet of wallpaper paste under the kitchen sink. (There was me thinking I was self-employed).

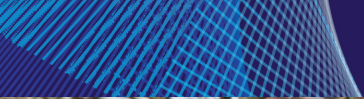
On a serious note, look after yourselves, stay safe, stay healthy, this crisis will come to an end and hopefully we will all be Inundated with lots of work in a few months.

*How do you intend to get through this difficult period?
Why not write in with your thoughts and experiences to "Ask Ian" I look forward to hearing from you.*

Ian

CORONAVIRUS





The Weather Outside Is Wet & Windy, But What Problems Arise With Our Feet On The Inside of Plastic Footwear?

By Beverley Wright



It has been one of the wettest February's on record and the wellingtons and plastic shoes, are always a hot trend, even fashionable at this time of year.

Although, the wet weather may be the result of climate change and how we treat the environment, because of using items that are not sustainable or hard to dispose of. Yet there is the creation of an almost anti-fashion, cheap and quotidian association within society, with the pervasive fashion trend, using all things plastic.

Showcasing plastic clothes from plastic macs and bags, which have made their way into almost every street styler's wardrobe. But it is waterproof plastic shoes and boots that seem to truly commit to this environment-defying fashion moment.

This is extraordinary considering the rest of the world is banning plastic straws and always looking for new and diverse ways to protect marine life and our environment from the plastic cycle of modern times.

So, should we really be wearing plastic? Regardless of their sartorial credibility and fashion trends, as foot health practitioners should we contemplate whether or not plastic shoes are practical or indeed really any good for us?

It could depend on the amount of water we want to protect our feet from. Yes they are waterproof and will keep the water out, but because of the lack of plastics 'breathability'.

It is likely the wearer of plastic footwear will be walking in water inside the shoes or boots, as they tread through the puddles of water they are trying to protect their feet from. This is because our feet are able to sweat up to half a pint a day, which is a lot of liquid for the wearer to slip and slide around inside the shoes or boots. If the footwear has any heels it could cause friction over bony prominences such as, the toes and heels. It is likely to cause blisters, calluses and sores to develop, and bony defects such as bunions, could be aggravated as well.

Bunions and blisters are not the worst issues to arise. The extreme humidity inside the plastic footwear could lead to much worse issues such as, the skin, which is nature's barrier against fungal, bacterial and viral infection. The heat and moisture produced by wearing all types of plastic, vinyl or even rubber shoes and boots will leave the wearer vulnerable to both bacterial and fungal infections of the feet, which includes athlete's foot. Not least of all trapping feet and toenails in moisture for long periods of time, which could cause other problems such as, ingrown toenails.



Of course the most predictable issue is of course smelly feet, from the bacteria on the skin that is breaking down the sweat.

It might seem obvious, but it could be better to avoid wearing this kind of plastic footwear all together. Unless, perhaps you happen to live in the flood prone areas at this time of year. If needs must then just wear plastic footwear or even coverings for short periods of time and include wearing socks, to help draw on the moisture inside the footwear.

Although, the flood water levels may be too much for any kind of footwear and hosiery, where it might be best not to go out and walk around in the rain water at all!

2020

January Graduates from the College

Here are January's graduates after being presented on the 24th January 2020 by tutor Somuz Miah, with their well-deserved certificates & mugs - left to right: Diane Winstanley, Nadia Talbot, Viktoriya Chatten, Lyndsey Styler and Alison Sutton.



March Graduates from the College

Here are the most recent graduates after being presented on the 20th March 2020 by tutor Somuz Miah, with their well-deserved certificates - left to right: Alison Graham, Jo Eland and Gareth Peden.



Congratulations to all!



ASK IAN

Q *I would be grateful for your advice regarding the following.*

A young fit healthy lady attended me today. It is her 2nd visit for burring of an OM left hallux.

She mentioned her yoga instructor keeps mentioning how my client has high arches however my client is wondering does this need treatment for this.

*She has no associated pain or discomfort or corns. So, I'm wondering does she need follow up of this issue? **CB***

A *I would say that if she is not having pain at the moment all well and good, if it becomes a problem, refer her to a Podiatrist who can evaluate the foot structure and check for abnormalities, it may be pes cavus.*

Q *I had a lady 80 years, on warfarin (a/f). Sore 1st toe LF & RF. on removal of her socks the smell was 'a knock out'. On examination the RF nails was attached by small medial sliver of nail. I clipped the unattached nail and eased at the left-over bit, the bleed was immediate so I irrigated, followed by hydrogen peroxide and applied light dry dressing.*

LF nail was possibly attached by a 1/3rd at the matrix. I cut away the loose nail, no bleed. I irrigated, followed by hydrogen peroxide and applied light dry dressing.

I felt the attached part nails should be removed. This would have assisted the healing & better solved the problem. I did a letter to NHS/GP with action taken, thoughts for further action to refer to somebody with more professional training and to have nurse dress the now exposed infected nail bed.

*The result an afternoon phone call to collect antibiotics from pharmacy. Client asked about dressing -'Oh, we'll see, how it goes'. **WHAT?***

I had the client back in 2 days to change dressing, irrigate, there was improvement and I supplied 2 dressings for husband to change in 2 days and next 2 days. Suggested if there was any feeling of 'Flu' type symptoms, temp or out of sorts tell NHS about 2 infected toes, just in case.

I felt they had been let down by NHS and could not charge them. However, they donated £5.00 and a box of heroes' chocolates.

I did feel that topical application and dressing would have been cheaper and less intrusive on the client's system. Really, always the cry too many antibiotics. Do other practitioners have cooperation with GP's?

Another FHP trying to do her best.

A *From a Foot Health Practitioner's point of view, you appear to have done everything above and beyond what is expected of you. Unfortunately, some branches of the NHS are severely underfunded /undermanned and patients are not getting the treatment that they deserve. In a case like the one that you outline, I would recommend that you keep all correspondence between the surgery and yourself, make sure that everything that you have done is well documented, and keep in touch with the patient. Hopefully they will tell all of their friends what a fantastic service that they have received from their local friendly FHP.*

Ian Fenton MCFH.

Contact us about any news or stories at: The College of Foot Health (Footnotes) 150 Lord Street, Southport, Merseyside PR9 0NP or email: secretary@iocp.org.uk and please put '**Footnotes**' in the subject title.