

# REFERRAL GUIDELINES

## High Risk Foot Clinic

**Head of Unit:** Lucia Michailidis, Senior Podiatrist

**Referrals:** All referrals must be faxed to HRFC Coordinator for triage and processing FAX: 9788 1873

### Clinic overview:

The High Risk Foot Clinic is a multidisciplinary clinic that includes Podiatrists, Vascular Surgeon, Orthopaedic Surgeon, Endocrinologist and Dietitian. We used evidence-based care to assess and develop a treatment plan for foot/ankle ulcers and Charcot foot. Patients may require more than one review in this clinic, depending on the severity of their condition. Where patients are stepped down from this clinic, Podiatry follow up is organised to ensure their foot condition is managed appropriately.

### Categories for Appointment:

Only category 1 (urgent) referrals are accepted into this clinic.

Timeframe from receiving referral and initial appointments is within 7 days.

For urgent clinical advice please ring the HRFC Coordinator (Frankston Podiatry Department), during business hours. No referrals will be accepted via telephone.

Direct to an emergency department for:

- Sepsis or acutely unwell due to foot infection
- Suspected acute lower limb ischaemia

### Eligibility Criteria

- Non-healing foot/ankle wound (>4 weeks with no reduction in size or depth)
- Acute ulceration with severe infection (cellulitis/osteomyelitis)
- Active Charcot foot (red, hot, swollen foot with/without structural deformity)
- Lower limb peripheral arterial disease with foot ulceration

### Exclusions

- Wounds above the ankle

## IMPORTANT:

The following referral information is mandatory:

### Referral:

- Date of referral
- Speciality
- Referring practitioner name
- Provider Number
- Referrer's signature

### Patient Demographic:

- Full name
- Date of birth
- Postal address
- Contact numbers
- Medicare Number

### Clinical:

- Reason for referral
- Duration of symptoms
- Management to date
- Past medical history
- Current medications
- Allergies
- Diagnostics as per referral guidelines

### Preferred:

- Addressed to named practitioner
- Duration of referral (if different to standard referral validity)
- Next of kin

### Senior Podiatrist:

Lucia Michailidis

### ENQUIRIES:

#### Phone:

Via ACCESS Phone: 1300 665 781

Review: August 2020

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## High Risk Foot Clinic

- Acute ulceration (< 4 weeks) without infection
- Lower limb peripheral arterial disease without foot ulceration
- Fungal infections of the foot (skin or nail)
- Endocrinology/Diabetes concerns without foot pathology

### Alternative referral options

- Peninsula Health Chronic Wound Clinic for chronic wounds above the ankle  
Refer via ACCESS
- Vascular Surgeon for referrals that do not meet HRFC criteria – please note there is no Vascular Outpatient clinic at Peninsula Health

### Minimum Referral Information Required

Please note, referral cannot be processed if minimum information is missing

- Referral reason
  - Location of wound/Charcot foot
  - Duration of wound/Charcot foot
  - Aetiology of wound
  - Dressings and pressure offloading used for treatment
  - Vascular assessment findings (Doppler and/or toe pressures)
- Medical history
- Current medication list, including any antibiotics
- Allergies
- Pathology and radiology results pertaining to foot/ankle wound (e.g. Foot X-Ray, CT, MRI, arterial duplex ultrasound, wound swab)
- Recent blood test results (FBE, Hba1C, Renal function, Lipid profile)
- Other health professionals involved in wound/Charcot foot management

### Clinic information:

Every Tuesday 8am-1pm  
 Located in the Podiatry Department  
 Frankston Integrated Health Building  
 2 Hastings Road, Frankston  
 Ph: 9784 8101  
 Fax: 9788 1873

### Other information:

- Patient must have access to their own transport to attend appointments (transport is not available for this clinic)
- Where referral information is unclear, or patients do not meet clinic eligibility criteria, referrals will be triaged and offered an appointment in the Podiatry community health clinic for initial assessment

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