

# REFERRAL GUIDELINES

## High Risk Foot Clinic

**Head of Unit:** Lucia Michailidis, Senior Podiatrist & HRFC Coordinator

**Consultants:** Mr Justin Jedynak (Vascular) & Dr Amy Touzell (Orthopaedics)

**Referrals:** All referrals must be addressed to the appropriate consultant and faxed to HRFC Coordinator for triage. Fax: 9125 8912.

### Clinic overview:

The High Risk Foot Clinic is a multidisciplinary clinic that includes Podiatrists, Vascular Surgeon, Orthopaedic Surgeon and Endocrinologist. 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 discharged from this clinic, appropriate ongoing 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.

Referrals will be triaged and actioned within eight business days of receiving the referral. Appointments will be booked within four weeks.

No referrals will be accepted via telephone. Written referrals must be completed in full or will not be accepted.

For urgent clinical advice, please ring the HRFC Coordinator (Frankston Podiatry Department), during business hours.

### Emergency:

Direct to an Emergency Department for:

- Sepsis or acutely unwell due to foot infection
- Critical lower limb ischaemia with necrosis, pain or ulceration
- Suspected acute lower limb ischaemia
- Rapidly deteriorating ulceration or necrosis
- Suspected foreign body in the foot

### Eligibility Criteria

- Non-healing foot ulceration present for more than one month with no reduction in size despite medical management
- Red, hot, swollen foot (active Charcot foot)

## 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: 9784 8101 (option 4)

Review: January 2024

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- Foot osteomyelitis with ulceration
- Chronic ischaemic signs and symptoms of the lower limb with foot ulceration

### Exclusions

- Wounds above the ankle
- 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

Foot wounds that do not meet HRFC criteria, or other foot pathology:

- Refer to Peninsula Health Podiatry via Access

All wounds above the ankle:

- Refer to Peninsula Health Chronic Wound Clinic via Access

Vascular Surgery for referrals that do not meet HRFC criteria:

- There is no Vascular Outpatient service at Peninsula Health
- Refer to private Vascular Surgeon

Diabetes concerns without foot pathology/foot pathology does not meet HRFC criteria:

- Refer to appropriate Diabetes Outpatient clinic

### Minimum Referral Information Required

- 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

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## High Risk Foot Clinic

**Clinic Information**

Every Tuesday 8am-1pm

Located in the Podiatry Department

Frankston Integrated Health Building

2 Hastings Road, Frankston, 3199

Ph: 9784 8101 (option 4) | Fax: 9125 8912

**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, or forwarded to the most appropriate service for initial assessment.

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- Provider Number
- Referrer's signature

**Patient Demographic:**

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