

Meet The Foot Care "Specialists"

Chiropodist

Specializes in the treatment and prevention of diseases or disorders of the foot.

Dermatologist

A physician who specializes in the diagnosis, treatment, and management of skin disorders.

Foot Care Nurse

Carries out foot assessments and upon completion of foot care courses offers basic or advanced foot care in the hospital, institutions, and home.

Neurologist

A physician who specializes in the diagnosis and treatment of disorders of the nervous system (including the nerves in the legs and feet).

Pedorthist

Carries out assessments to fit and modify footwear. With a written referral that includes a diagnosis and a prescription, provides custom –made orthotics.

Podiatrist

Has a degree in Podiatry Medicine and specializes in the diagnosis and medical or surgical treatment of foot diseases and injuries.

Vascular Surgeon

A physician who specializes in diseases involving veins and arteries. Performs tests to determine blood flow and surgery to restore blood flow. Manages and treats wounds, ulcers and infections.

Wound Care Nurse

A nurse who receives specialty training in managing and treating wounds, ulcers, and infections.

My Foot Care Provider Contact Numbers

Diabetes Educator:

Family Doctor:

Foot Care Nurse:

Podiatrist:

Pedorthist:

Chiropodist:

Wound Care Nurse:

Vascular Surgeon:

Neurologist:

Dermatologist:

Pharmacist:

If you notice any signs of infection, discoloration, swelling, or pain, contact your doctor immediately.

The Diabetic Foot In Nova Scotia



A Patient Foot Care Path

The Diabetic Foot in Nova Scotia: A Patient Foot Care Path

The following information will help you decide what to do when you discover a foot problem.
It lets you know what you can do on your own and when and whom to call if you need help.

Foot Problem	When to Seek Help	Who Can Help	Who Pays?
SKIN	<ul style="list-style-type: none"> • Dry, cracked soles and heels • Broken skin between the toes • Blisters, corns, calluses • Open sores that won't heal 	<ul style="list-style-type: none"> • Family Physician* • Foot Care Nurse** • Podiatrist** ◆ • Wound Care Nurse* † • Dermatologist* † 	<p>Use the key below to check out who pays for the service.</p> <p>*MSI (Nova Scotia Health Coverage)</p> <p>**Private Insurance (Blue Cross, Sun Life, etc.)</p> <p>◆ Community Services Financial Assistance may apply</p> <p>† Referral Required</p> <p>Ask your health care provider if your Health District provides free foot-care service.</p>
NAILS	<ul style="list-style-type: none"> • Ingrown • Thickened • Deformed • Discolored 	<ul style="list-style-type: none"> • Family Physician* • Foot Care Nurse** • Podiatrist** ◆ 	
SHAPE	<ul style="list-style-type: none"> • Noticeable change in shape of feet or toes 	<ul style="list-style-type: none"> • Family Physician* • Foot Care Nurse** • Podiatrist** ◆ • Pedorthist** 	
CIRCULATION	<ul style="list-style-type: none"> • Change in foot colour • Change in foot temperature • Swollen, puffy feet 	<ul style="list-style-type: none"> • Family Physician* • Foot Care Nurse** • Podiatrist** ◆ • Vascular Surgeon* † 	
SENSATION	<ul style="list-style-type: none"> • Loss of feeling in feet/numbness • Tingling, "Pins and Needles" • Pain in feet 	<ul style="list-style-type: none"> • Family Physician* • Foot Care Nurse** • Podiatrist** ◆ • Neurologist* † 	
FOOT CARE	<ul style="list-style-type: none"> • Unable to reach or see your feet to inspect or care for them 	<ul style="list-style-type: none"> • Family/Friend/Caregiver • Foot Care Nurse** • Podiatrist** ◆ 	
FOOTWEAR	<ul style="list-style-type: none"> • Uncomfortable, non-supportive, or poorly fitting footwear 	<ul style="list-style-type: none"> • Pedorthist** • Podiatrist** ◆ • Orthotist** 	

NOTE: Diabetes Educators usually do not treat foot problems; however, they can provide advice and direct you to the appropriate foot care provider.