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# resonance podiatry

*stepping forward*

## Welcome to our Special Edition 'High Risk' newsletter...

Many of our local medical practices are aware of the work our Diabetes and High Risk Podiatrist, **Fiona Popert**, is doing to educate, support and manage patients with a more complicated foot.

**resonance podiatry** is inviting specialists, GP's and practice nurses to a evening at **gait diagnostics**, our gait and pressure analysis lab in Mana, where we will be briefly discussing the assessment and classification of the diabetic foot, introducing a range of medical footwear specifically designed and manufactured for the 'difficult' foot and demonstrating the use of our pressure technology and it's advantages in quantifying risk areas.

The evening will be held on **Monday 26<sup>th</sup> April, 6.15-7.30pm, at Mana Orthopaedics, 1<sup>st</sup> Floor Mana Medical Centre, 107 Mana Esplanade, Mana.**

RSVP is to our Practice Manager, Tina by the 22<sup>nd</sup> April. Ph 233 9110

## Diabetes Update...

Diabetes is reaching epidemic proportions and is the leading cause of non-traumatic, lower-limb amputations. It can have a devastating effect on all parts of the body including the eyes, kidneys and feet. In fact, the feet, often overlooked in routine check-ups, can reveal the first signs and symptoms of the disease. Warning signs such as redness, numbness, swelling or non-healing wounds are important indicators of serious disease and need to be treated promptly to prevent amputations.

As the diabetes podiatrist, team leader for **resonance podiatry**, I have put together a foot-screening programme based on national and international guidelines which we have begun to implement. This identifies risk factors such as poor blood supply, neuropathy, foot deformity and callus or build up of hard skin. Patients are stratified into well-defined risk groups (current low risk, at increased risk and high risk) so that they may receive structured foot care accordingly. I want to assist people with diabetes to adopt positive self-care foot behaviours by being fully aware of their risk status and how to manage their feet to prevent amputation. Having worked at **resonance podiatry** for some time now, I also have strong relationships with local GPs' and diabetes nurses and work with them to provide the best care for our patients.

We have a number of patients with serious complications of their feet and one of the most difficult of these must be neuropathy where a lack of feeling can predispose the patient to ulcerations, infection and amputation. Pressure analysis can be very useful in identifying areas of the feet with increased overloading where there is a constant threat of skin breakdown and subsequent ulceration. By assessing computerised imagery and with the use of off-loading orthotics or modification of existing ones, these high pressures can be reduced significantly and along with good footwear help improve foot function and minimise foot complications.



**Fiona Popert and Jonny Chapman, assessing a patient at gait diagnostics**

## resonance podiatry @ Arena

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A number of you may be aware that, as of March, **resonance podiatry** provides the podiatry services at **Arena Health and Sports Medicine at Te Rauparara Arena, 17 Pauamoana Street, Porirua City, Ph 238 9181.** **resonance podiatry** have been approached to facilitate the podiatry services for Tumai mo te Iwi PHO which aims at providing care for those 'high risk', diabetic, elderly and low socio-economic patients who would not have the means to seek much needed foot care, advice and management.

Arena Health and Sports Medicine is a purpose built multidisciplinary clinic within the heart of Porirua and **resonance podiatry** are looking forward to continuing providing excellent podiatry care within the Porirua region, to all of the local community.

**Fiona Popert** will head the **resonance podiatry @ Arena** clinic and will be supported by our other team members, Lisa Whiteman, Jonny Chapman and Katie Stewart.

We all look forward to meeting with you on the 26<sup>th</sup> April!