

Useful numbers

If you have any questions regarding this leaflet, the condition or your treatment, write down the phone numbers of those involved in your care:

Podiatry:

Plaster room:

Diabetes consultant/nurse:

Orthopaedic Team:

Orthotist:

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Contact us

We're here to help. Get in touch by calling the Podiatry Team on 0117 919 0275 or to tell us about your service experience contact the service manager on the contact number above or request a 'How are we doing?' leaflet.



Scan here to
feedback

Alternatively you can feedback online at bit.ly/TellustodayPod

If you require this leaflet in another format or language, please contact us on comms@briscomhealth.nhs.uk or ring 0117 900 2198 and we will be pleased to assist you.



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Podiatry

Understanding Charcot Foot



You have been given this leaflet because you have developed a condition related to your feet called Charcot neuroarthropathy (Charcot foot),

This leaflet will be able to help you and your family or friends understand a little more about the condition and the treatment options available.

What is Charcot foot?

Charcot foot affects people with diabetes who have nerve damage resulting in some sensation loss to their feet. It could start with a minor trauma to the foot or toes such as a small fracture or minor injury. Often the incident is so minor that people are unable to remember the event. In response, the foot sets up a severe inflammatory reaction in the body and the bones of the foot become very fragile and prone to more damage.

Due to the nerve damage and loss of feeling in the feet the affected foot may become red, hot and swollen but have little or no pain.

Your foot will need total support whilst healing takes place. This is usually given in the form of a plaster cast.

Who will be involved with my treatment

Foot problems in diabetes are normally looked after by many people in a team known as a multi-disciplinary team. You may receive advice from any or all of the following:

- podiatrist - a foot health specialist
- plaster technician - a person who applies plaster casts
- orthopaedic consultant - specialist consultant in bones and trauma
- diabetes consultant/nurse
- orthotist - specialist shoe-maker

How can it be diagnosed?

Charcot is a difficult condition to diagnose in the early stages as the bone changes may not be evident on x-ray for several weeks. You may have x-rays repeated at a monthly interval in order for the orthopaedic consultant to monitor any changes.

How can it be diagnosed?

Depending on your circumstances and diagnosis you are likely to be prescribed a plaster cast (similar to those used if you fracture a bone). This is usually the best way to support your foot and minimise pressure going through it.

Due to the loss of feeling in the foot it is normal practice for the cast to be removed every week at the start of the treatment. This is to check for any signs of irritation or rubbing. You should also complete a daily check of your other foot and ankle to make sure there is no evidence of the cast rubbing or knocking the other side.

Occasionally a removable walker boot (similar to a ski-boot) is issued as an alternative to a plaster cast. This would be fitted by a plaster technician and they would issue you advice on fitting and using the boot.

Advice during treatment

Driving a manual car is not advised during your treatment. However, if you feel you are able to drive an automatic car during this period, you should contact your insurance company for advice.