

## Minor Foot Lesion Policy

### PRIOR APPROVAL REQUIRED FOR SECONDARY CARE REFERRAL

The following medical conditions are covered in this policy

- Adult Claw Toe
- Hammer Toe
- Hallux Rigidus
- In growing Toenails
- Metatarsalgia
- Morton's Neuroma
- Plantar Fasciitis

Bunions – please see separate 'Bunions – Surgical' BSW Policy

Referral to the Community Podiatry Service should **always be made prior** to consideration of referral to secondary care. Referral to secondary care should only be made if all conservative management techniques have been employed for a minimum of 12 months.. Please see below the policy criteria for referral to Secondary Care

Any IFR applications for cosmetic reasons will be automatically declined.

If the patient has diabetic peripheral neuropathy and the foot lesion is expected to lead to a amputation of a toe, then please refer directly to Secondary Care and do not complete an IFR application

Secondary care surgical procedures are not routinely funded for these conditions.

Commissioners will **ONLY** consider requests for treatment of any of the above conditions where there is evidence of

- Conservative management techniques have been employed for a minimum of 12 months (treatment by a podiatrist, avoiding high heels, exercises, applying ice, non-surgical treatment)

**AND**

- Patient suffers from severe deformity that causes significant functional impairment (which is defined as symptoms preventing the individual from fulfilling activities of daily living or educational activities or carrying out vital domestic/carer activities) or deviation to adjacent toes

**OR**

- Severe pain that cause significant functional impairment e.g. very painful on minimal activity walking for less than 30 minutes, unable to do light exercise or carry out activities of daily living. Poorly controlled with analgesia

**AND** one of the criteria below:  
(please see following page)

- Severe pain on walking not relieved by chronic standard analgesia

OR

- Deformity such that fitting adequate footwear is difficult

OR

- Overlapping or underlapping adjacent toe (s)

OR

- Recurrent or chronic ulceration

OR

- Bursitis or tendinitis of the first metatarsal head

\* Significant functional impairment which prevents the individual from fulfilling work/study/carer or domestic responsibilities.

- Smoking cessation is strongly recommended for all patients considering the possibility of surgery. For help to quit smoking please contact your local Stop Smoking Service or contact your GP surgery
- Patients who are overweight should be encouraged to lose weight prior to seeking surgery to reduce the risk of complications during and after surgery

<https://www.nhs.uk/live-well/>

<https://www.bathandnortheastsomersetccg.nhs.uk/documents/what-we-do-and-dont-fund>