

Rheumatoid forefoot - continuity of care after relocation



Assume that today's date is 22 October 2026. Mrs Menzies is moving interstate on 14 November 2026. You are a podiatrist at a private podiatry practice. Mrs Menzies has been your patient since 2021. Using the information in the case notes, write a letter to Mr Kofi Wishart, Senior Podiatrist at the community health centre near her new home, referring Mrs Menzies for ongoing callus care, orthosis review and footwear advice. Address the letter to Mr Kofi Wishart, Senior Podiatrist, Podiatry Department, Community Health Centre, 40 Ocean Road. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180-200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O		I	C	O
Patient details				Podiatry assessment (15/10/26)			
1. Name: Mrs Carys Menzies	☐	☐	☐	19. Hx superficial ulcer under R 2nd MTP head 03/24 → healed in 6/52 with offloading; nil recurrence	☐	☐	☐
2. DOB: 03/05/1965 (61 yrs)	☐	☐	☐	20. DP & PT pulses palpable bilat.; protective sensation intact (monofilament)	☐	☐	☐
3. Current address: 12 Banksia Street	☐	☐	☐	21. Small hard corn dorsum R 2nd toe (shoe pressure on clawed toe)	☐	☐	☐
4. Moving interstate 14/11/26 → new address: Unit 5, 28 Harbour Street	☐	☐	☐	22. Nails NAD	☐	☐	☐
5. Pt of this practice since 2021	☐	☐	☐	23. Skin otherwise intact; no current breakdown	☐	☐	☐
Social background				Treatment / progress			
6. Widowed; moving to live near daughter	☐	☐	☐	24. Scalpel debridement of callus q6/52 → pain ↓ to 2/10; tolerated well; no bleeding or skin breakdown	☐	☐	☐
7. Retired primary school teacher; walks approx. 30 min daily with dog	☐	☐	☐	25. Custom full-length EVA orthoses with metatarsal domes + shock-absorbing forefoot cushioning; issued 04/25	☐	☐	☐
8. Enjoys knitting and crosswords	☐	☐	☐	26. Orthoses: top covers worn, cushioning compressed; domes still correctly positioned → need re-cover or replacement	☐	☐	☐
9. Pt says daughter's partner is 'difficult' — reason she won't live with them	☐	☐	☐	27. Usual footwear: extra-depth, wide toe box lace-ups; recently wearing slip-on flats while packing → ↑ forefoot pain	☐	☐	☐
Medical history				28. Applies urea-based emollient to callus areas daily	☐	☐	☐
10. Rheumatoid arthritis (seropositive) dx 2009; GP arranging new rheumatologist after move	☐	☐	☐	29. Complained that reception overcharged her at last appt	☐	☐	☐
11. Meds: methotrexate weekly + folic acid; hydroxychloroquine daily	☐	☐	☐	30. Asked about cost of new orthoses	☐	☐	☐
12. Short courses of prednisolone for flares; last course 02/26	☐	☐	☐	Plan			
13. Osteopenia — calcium + vitamin D	☐	☐	☐	31. Last debridement 15/10/26; next due late 11/26	☐	☐	☐
14. Appendicectomy 1988	☐	☐	☐	32. Refer to podiatry at new community health centre: ongoing callus debridement q6/52, orthosis review/re-cover, footwear advice	☐	☐	☐
15. Not diabetic; non-smoker	☐	☐	☐	33. Pt advised: report any skin break, heat, swelling or discharge promptly (immunosuppressed); avoid medicated corn plasters	☐	☐	☐
16. Allergy: zinc oxide adhesive tape → contact dermatitis	☐	☐	☐	34. Copy of orthosis prescription to be enclosed with letter	☐	☐	☐
Podiatry assessment (15/10/26)							
17. Bilat. forefoot: hallux valgus, subluxed 2nd-4th MTPJs, clawed lesser toes; plantar fat pad displaced distally	☐	☐	☐				
18. Painful plantar callus under 2nd & 3rd MTP heads bilat., R > L; pain 6/10 on walking before debridement	☐	☐	☐				