

Falls-risk foot assessment - older woman



Assume that today's date is 22 October 2026. You saw Mrs Seo for her initial assessment this morning. You are a podiatrist at the Community Podiatry Clinic. Using the information in the case notes, write a letter to Mrs Seo's GP, Dr William Maalouf, updating him on your findings and treatment and requesting a review of possible postural hypotension and her medication. Address the letter to Dr William Maalouf, General Practitioner, High Street Medical Centre, 28 High Street. 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				Assessment 22/10/26			
1. Name: Mrs Haruka Seo	☐	☐	☐	20. Monofilament: protective sensation ↓ both feet (forefoot and toes)	☐	☐	☐
2. DOB: 14/03/1948 (78 yrs)	☐	☐	☐	21. Dorsalis pedis and posterior tibial pulses palpable bilat; skin intact, no ulceration	☐	☐	☐
3. Address: 6 Elm Grove	☐	☐	☐	22. Clawing 2nd and 3rd toes bilat; painful corns dorsal PIPJ 2nd & 3rd toes both feet	☐	☐	☐
4. Referred by GP (Dr Maalouf) after 2 falls in last 3/12; initial podiatry assessment 22/10/26	☐	☐	☐	23. Pain walking 6/10 (corns)	☐	☐	☐
Social background				24. Footwear: loose, worn backless slippers, smooth soles; wears indoors all day	☐	☐	☐
5. Widowed; lives alone in two-storey house, bedroom upstairs	☐	☐	☐	25. Gait slow, shuffling; holds furniture when walking indoors	☐	☐	☐
6. Daughter lives overseas, phones weekly	☐	☐	☐	26. Pt complains previous podiatry clinic 'kept her waiting for an hour and was rude'	☐	☐	☐
7. Neighbour helps with shopping	☐	☐	☐	Treatment			
8. Enjoys crosswords and sings in church choir	☐	☐	☐	27. Corns debrided (scalpel) → pain 1/10 after treatment	☐	☐	☐
9. Pt says daughter-in-law 'never visits and only wants the house'	☐	☐	☐	28. Silicone toe protectors fitted 2nd & 3rd toes bilat	☐	☐	☐
Medical history				29. Footwear advice: replace slippers with enclosed, well-fitting shoes with fastening, firm heel counter, non-slip sole; information sheet given	☐	☐	☐
10. Type 2 diabetes (12 yrs) – metformin	☐	☐	☐	30. Advised daily foot check (↓ sensation); daughter to help order new shoes online	☐	☐	☐
11. Hypertension – perindopril daily	☐	☐	☐	Plan			
12. Furosemide commenced by GP 6/52 ago for ankle oedema	☐	☐	☐	31. Letter to GP: request review for ?postural hypotension and medication review (esp. recent furosemide)	☐	☐	☐
13. Bilateral cataract surgery 2019 – vision now good with glasses	☐	☐	☐	32. Referred to community falls prevention physiotherapy program	☐	☐	☐
14. Appendicectomy 1972	☐	☐	☐	33. Podiatry review 6/52 – corns, toe protectors, check new footwear	☐	☐	☐
15. Allergies: nil known	☐	☐	☐	34. Advised to rise slowly from bed/chair; sit on edge of bed before standing	☐	☐	☐
Falls history							
16. Fall 1 (8/52 ago): getting up from armchair; fall 2 (3/52 ago): getting out of bed at night to go to toilet	☐	☐	☐				
17. Both falls: felt 'light-headed' on standing just before falling; no LOC	☐	☐	☐				
18. Reports dizziness on standing ↑ since furosemide started	☐	☐	☐				
19. Minor bruising L hip after fall 2; no fracture (X-ray per GP)	☐	☐	☐				