

1. What is the Research Development Programme?

The programme has been designed for anyone who is interested in learning more about research; in influencing how it impacts care or in how it can support you professionally and personally.



2. Why did I apply for the RDP?

- 👣 To develop my current knowledge and confidence of research.
- 👣 Invest in protected time to formulate my ideas and have a go at research methods.
- 👣 Meet and connect with other like-minded people.

3. What have I been working on?

- 👣 Questionnaires.
- 👣 Patient Information Leaflet.
- 👣 Reviewing Diabetes leaflets with tools and gathering Podiatrists and patients opinions.
- 👣 Literature review.
- 👣 Attending workshops/ online learning
- 👣 Building contacts and networks.
- 👣 Finding out more about the options, requirements and commitment of a Masters or PhD course.

New in development leaflet

Over the counter treatment options:

It is important to look for an anti-fungal specific product

Products usually come in:

- Nail lacquer
- Anti-fungal spray
- Anti-fungal cream
- Anti-fungal gel

It is important to be consistent with an anti-fungal product as a new, healthy nail, for example, can take 12-18 months to fully grow out.

As with all medication/ treatment, please regularly monitor the area and report any concerns to your GP.

Please note: If you have been treating your fungal nail for 9-12 months and have not noticed any improvement, please speak to your Podiatrist or GP for further options.

Individual advice

Local contact numbers

Podiatry department:

GP clinic:

Fungal infections
Tinea Pedis and Onychomycosis advice leaflet

What is Tinea Pedis?

Tinea pedis, also known as athlete's foot, is a common fungal infection affecting the feet.

Everyone has fungus on their skin on their feet called dermatophytes. When this fungus gets exposed to conditions such as warm, damp environments, athlete's foot may develop.

Symptoms of athlete's foot:

- Itching
- Sometimes sore
- Skin appears white and flaky but can also be red and irritated
- Pustules
- Most common between the toes, however, can spread to the anywhere on foot.

Ways to prevent Tinea Pedis/ Onychomycosis:

- Good foot hygiene
- Changing socks regularly
- Washing cotton socks at 60 degrees if suspected fungal infection
- Antifungal shoe spray
- Cleaning and drying between the toes
- Avoiding emollients between the toes unless instructed otherwise

What is Onychomycosis?

Onychomycosis is the medical term for fungal nail infection and is usually caused when a break in the nail allows fungi to enter. Toenails act as a protector meaning trying to cure a fungal nail infection can be difficult due to the hard, protective barrier the nail creates around the fungus.

Symptoms of fungal nails:

- Brittle, discoloured nail
- Sometimes starts at the edge of the nail and works its way down

It is important to note athlete's foot can have different presentations. Please consult your Podiatrist with any questions

Example of Patient Education Materials Assessment Tool

1	The material makes its purpose completely evident.	Disagree=0, Agree=1	1
2	The material does not include information or content that distracts from its purpose.	Disagree=0, Agree=1	1
Topic: Word Choice & Style			
3	The material uses common, everyday language.	Disagree=0, Agree=1	1
4	Medical terms are used only to familiarize audience with the terms. When used, medical terms are defined.	Disagree=0, Agree=1	1
5	The material uses the active voice.	Disagree=0, Agree=1	1



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4. What have I learnt?

- 🧠 How to complete a literature review.
- 🧠 New terminology.
- 🧠 How to formulate a research question with PICO.
- 🧠 How to involve patients throughout research.
- 🧠 Participant Information sheets.
- 🧠 How to use Patient Education Materials Assessment Tool.

6. What challenges did I face?

- 👣 Initially overworked myself at the start of the programme
- 👣 Limited literature when researching my initial project idea
- 👣 Imposter Syndrome

Results from asking patients what attracts them to a leaflet

