

## SETTING

Podiatry Clinic

## CARER

Your seven-year-old daughter returned from school camp in the hills two weeks ago. She has been complaining of itchiness that won't stop on her left foot around the big toe. She showed you that the skin on this area of her foot is flaky. You also notice a raw, swollen area and she says it is sore. You have taken her to your podiatrist because you think it may be contagious, and you want it treated.

## TASK

- Tell the podiatrist how long ago your daughter returned from camp.
- Explain how long the toe has been itchy and sore, and when your daughter first noticed the flakiness of the skin.
- Tell the podiatrist that you told your daughter to wear shoes, but she said no one else was, so she didn't either.
- Ask if tinea pedis is the same as athlete's foot.
- Accept the ointment and agree to take your daughter to the doctor.

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Podiatry Clinic

## PODIATRIST

A seven-year-old girl has been on school camp where she seems to have contracted tinea pedis. You examine the left foot around the big toe (L1) and find that it is quite sore and inflamed. You think that she may have developed a secondary infection under the toe nail. Discuss this with the girl's mother/father.

## TASK

- Enquire how long the girl has been home from camp.
- Find out how long the toe has been itchy and sore.
- Ask when the girl first noticed the skin on her toe becoming flaky.
- Explain that tinea pedis is a fungal infection sometimes referred to as athlete's foot. It is contagious but can be avoided by wearing footwear in public places and at home, and by avoiding the sharing of towels and socks.
- Provide some antifungal ointment (e.g., Allylamine, Lamisil Solution) to be applied twice daily until the infection has cleared (about 1 week) and suggest that a doctor is consulted for oral antibiotics.