A retrospective review of the podiatric (conservative) treatment on patients referred for ingrown toenail management in KCC

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Introduction
Ingrown toenail (IGTN) is a common toenail pathology that occurs in all age groups. The condition is the result of compression of the lateral nail edge on the underlying soft tissue. IGTN causes pain, discomfort and functional limitation among the patients. In most cases, the condition could not be completely resolved by oral/topical antibiotics/anti-inflammatory. Literature shows that podiatry intervention on IGTN plays an important role.

Objectives
The study aims to identify the characteristics of the patients suffering from IGTN, and to review the effectiveness of the conservative podiatric treatment on those patients.

Methodology
This study retrospectively reviewed the patient records of IGTN cases newly referred to KCC Podiatry Clinics from August - December 2014. Patients of all age groups and both genders were included. The treatment outcomes of the patients were assessed and evaluated two months after the first consultation. Data collected from the patient records were entered into a Microsoft Excel worksheet for data analysis.

Result
Results: Sixty-nine patient records were included in the study. More than half cases were referred from GOPC; and 80% were first seen and treated in KCC Podiatry Clinic within 2 weeks. Big toenail was affected in all cases. 80% of the cases were diagnosed with acute IGTN, 10% were presented with toenail impingement without IGTN, 10% were shown to have paronychia or hand-foot syndrome related to target therapy/chemotherapy. 50% of the IGTN cases had 0 – 3 episodes of follow-up until the condition was completely resolved. 16% of cases were absent for follow-up. 15%
of cases required regular follow-ups with podiatric management for their toenail conditions. Two cases (3%) were further referred for surgical management due to failed outcome or were unsuitable for podiatry treatment. Conclusion The retrospective study has shown that ingrowing toenail is a foot pathology commonly encountered in the podiatry clinics at KCC, and has various aetiologies. Podiatrists at KCC were able to resolve this condition within a short time frame with conservative podiatric management. Only a small proportion of patients were required for further interventions.