

SETTING

Podiatry Clinic

PATIENT

You are a 25-year-old elite swimmer who has flakiness, redness and itching between your toes. You had athlete's foot three years ago and think you have it again. You are a swimmer and are worried that you won't be able to take part in a big swimming competition in two weeks' time. The podiatrist has just examined your foot.

TASK

- Say you have had athlete's foot before, but you still don't understand how you got it again; you are very clean and have been extra careful.
- Admit that you do a lot of swimming, so that is probably where you got it from. Say you hope there is a quick and easy treatment because you have a big swimming competition coming up in a couple of weeks.
- Say that you don't wear any footwear in the shower, and always dry between your toes properly. Ask if you will still be able to do your swimming competition in a couple of weeks' time.
- Say that you need to know what you can do to prevent this happening again as you have already had it twice.
- Agree to try some over-the-counter medication and think about whether you want to do the swimming competition.

SETTING

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PODIATRIST

You see a 25-year-old swimmer who has flakiness, redness and itching between the fourth and fifth toes on the right foot. He/she had tinea pedis (athlete's foot) three years ago. You have just examined the patient and diagnose mild tinea pedis again. He/she is a swimmer and is worried he/she won't be able to compete in a big swimming competition in two weeks' time.

TASK

- Give the findings of the foot examination (athlete's foot: a communicable fungal infection, usually in toe webbing, causes scaling, flaking, redness, itching, etc.).
- Give more information about athlete's foot (can affect clean people, lives in moist communal areas where people walk barefoot, e.g., public showers, etc.). Find out more details about the patient (footwear in shower/at swimming pool, drying between toes after shower/swimming, etc.).
- Outline treatment (e.g., over-the-counter topical antifungal medications, use once a day for at least a week, etc.). Explain timescale for fungus to disappear (usually several weeks).
- Advise against swimming with athlete's foot (e.g., spread to other people, longer recovery, etc.).
- Make suggestions to prevent recurrence (e.g., wear shower shoes/sandals in public areas, wear socks, use anti-fungal spray with other footwear, etc.).