

Raquel Podiatrist need to advertise their knowledge and market themselves better. She believes Podiatrists are under-utilised and the health system could greatly benefit from greater input from Podiatrists. Looking after patients as individuals is Raquel's passion. She believes the foot and overall lower limb care is one of the most important aspects of health.

Helping others achieve a goal, obtain critical thinking skills and master communication skills with patients is vital and essential to be a competent Podiatrist said Raquel.



When asked about a challenging case, Raquel responded: "An interesting case I have come across, was during some time I spent at Westmead Hospital Foot Clinic. A patient had come in as an emergency referral with burns across all toes and he was completely unaware of how this occurred. It was extremely interesting to learn that given that it was the wintertime, he was sitting quite close to his gas heater and had burnt the tips of his toes without noticing. He was neuropathic, but it was quite interesting trying to figure out how he had obtained these burns. Following this conclusion, his wounds were treated accordingly and with caution given his diabetic status and risk of ulceration."

Raquel said Extracorporeal shockwave therapy is one of the newer technologies I have implemented in practice. Many studies prove its gold standard level of results and its ability to treat multiple conditions.

Raquel's favourite product she uses and recommends in Podiatry is the Nail revive for fungal nails.

When asked about what the greatest advice Raquel received, she replied "The best piece of advice I have received thus far as a podiatrist is that to learn, I do need to make mistakes. This was great to hear and understand when I first began practicing as a newly graduate.