TINEA PEDIS (ATHLETE’S FOOT)

Assess patient factors

Are any of the following present?
- Diabetes
- Immunocompromised

Yes, REFER

Assess patient for red-flags

Are any of the following present?
- Signs of systemic illness (fever, fatigue, swollen lymph glands)
- Incomplete clearing of a previous episode
- No improvement after one week of previous appropriate antifungal therapy

No, continue

Assess symptoms

Are any of the following present?
- White fissures, scaling, or maceration between the toes
- Area is inflamed, blistered, itchy or burning
- May cover soles of both feet and progress to sides and top of foot
+/- previous diagnosis of tinea pedis by MD

No, continue

Do the lesions exhibit any of these severe characteristics?
- Extensive areas of feet affected (both top and bottom)
- Toenails infected
- Severely inflamed
- Weeping or purulent
- Painful
- Disabling

Yes, REFER

Symptoms typical of Tinea Pedis
- White fissures, scaling, or maceration between the toes
- Area is inflamed, blistered, itchy or burning
- May cover soles of both feet and progress to sides and top of foot
+/- previous diagnosis of tinea pedis by MD

Either choice acceptable

- Non-pharmacologic treatment; AND,
- OTC topical treatment BID for 4 weeks:
  - clotrimazole* 1%
  - miconazole* 2%
  - tolnaftate 1%

*agents of choice in pregnancy

Follow up in 7 days

Infection responding to treatment?

Yes, continue for recommended duration of treatment; reassess in 2-3 weeks

No, REFER