

Foot care – Looking after your feet - Part 1 & 2

“Looking after your feet” is one of the foot care modules.

Foot care includes:

- Looking after your feet
- Everyday foot check
- Foot damage
- Footwear
- Being active
- Smoking
- Your regular foot check up
- Blood pipes
- Not enough oxygen
- Nerves

Competencies

Competencies are usually knowledge needed to understand what is happening or tasks which need to be done.

Goals are not competencies, they are behaviour change, but they often require a client to have a set of competencies which are needed for the goal to be achieved.

Assessment

In order to keep assessment as simple and straightforward as possible the “Show or tell” method is used.

In the assessment table each competency has a question.

To make an assessment you can ask the client the question then:

- listen to the client tell you the answer in their own words
- listen and watch the client tell you the answer using a resource
- watch the client demonstrate a task

You can then assess the competency:

- **Yes**, the client understands or is able to do what is required
- **Don't know**, if the client understands or is able to do what is required
- **No**, the client doesn't understand or isn't able to do what is required

Competencies - Part 1

Sugar Story – Looking after your feet – Part 1

	Wash your feet everyday, use warm water, test the water with your elbow & use soap.
	Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.
	Use a clean towel. Dry between your toes & check towel for blood or pus.
	Rub skin cream into your foot 2 times a day. Don't put cream between your toes
	Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.

Important concepts

Nerve damage makes it harder to look after your feet if you have diabetes.

Competencies - Part 2

Sugar Story – Looking after your feet – Part 2	
	Getting someone to help them check their feet & how to use a mirror so they can see underneath their feet.
	How to remove hard skin safely.
	How to keep their toenails smooth.
	To always getting their toenails cut at the high risk foot clinic or by a podiatrist.
	Never cutting their own nails unless they have talked to the podiatrist or nurse first

Important concepts

Sores and cut can be covered by hard skin. You may not feel them because of nerve damage.

Any skin damage can become infected.

Assessment - Part 1

Sugar Story – Looking after your feet – Part 1		
Wash your feet everyday, use warm water, test the water with your elbow & use soap.	Ask: Why do you need to test the water with your elbow?	You can use looking after your feet story cards or posters or you can get them to wash their feet.
Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.	Ask: What does the methylated spirit do?	You can use looking after your feet story cards or posters or you can get them to apply the methylated spirit .
Use a clean towel. Dry between your toes & check towel for blood or pus.	Ask: Why are you looking for blood & pus?	You can use looking after your feet story cards or posters & get them to explain what they would do if they found blood or pus on the towel.
Rub skin cream into your foot 2 times a day. Don't put cream between your toes	Ask: What does the cream do? Ask: Why don't you put cream between your toes?	You can use sugar story yarn sheet, sugar story cards without words.
Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.	Ask: Why do you need to put on a pair of new socks if they get wet or sweaty?	You can ask what would happen if the cells didn't work because there wasn't enough fuel.

Assessment - Part 2

Sugar Story - Looking after your feet – Part 2		
Get someone to help you check your feet & how a mirror helps you see underneath their feet.	Ask: Do you have anyone who can help you check your feet?	You can use looking after your feet story cards or posters you can them how to youse a mirror.
How to remove hard skin safely using a scrubbing pad.	Ask: Would you use the scrubbing pad before or after you have washed your feet.	You can use looking after your feet story cards or posters. You can get them to show you what should be scrubbed on their own foot.
How to keep their toenails smooth.	Ask: Why do you need to keep your toenails smooth?	You can use looking after your feet story cards or posters. You can get them to use a sandpaper nail file on their own foot
To always get your toenails cut at the high risk foot clinic or by a podiatrist	Ask: Why do you need to get your toenails cut by a podiatrist or nurse?	You can use looking after your feet story cards or posters.
Never cut your own nails unless they have talked to the podiatrist or nurse first	Ask: What can happen if you cut your own toe nails?	You can use looking after your feet story cards or posters. Emphasise this point

Assessment rating

After doing the education assessment rate the client's overall understanding and ability to what is required.

- Y** **Yes**, the client understands or is able to do what is required
- ?** **Don't know**, if the client understands or is able to do what is required
- N** **No**, the clientt doesn't understands or isn't able to do what is required

Related resources

- Looking after your feet– Posters
- Looking after your feet– Yarn cards
- Looking after your feet– Picture yarn
- Looking after your feet– Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Looking after your feet		Rate & Notes
Wash your feet everyday, use warm water, test the water with your elbow & use soap.	<i>Asked:</i>	
Put methylated spirit between your toes. This keeps toes dry and stops mould or fungus growing.	<i>Asked:</i>	
Use a clean towel. Dry between your toes & check towel for blood or pus.	<i>Asked:</i>	
Rub skin cream into your foot 2 times a day. Don't put cream between your toes	<i>Asked:</i>	
Put a new pair of clean socks on each day. If they get wet or sweaty, wash and dry your feet before putting on a new pair of socks.	<i>Asked:</i>	

Client notes - Part 2

Name:		Date:
Foot care - Looking after your feet		Rate & Notes
Get someone to help you check your feet & how a mirror helps you see underneath their feet.	<i>Asked:</i>	
How to remove hard skin safely using a scrubbing pad.	<i>Asked:</i>	
How to keep their toenails smooth.	<i>Asked:</i>	
To always get your toenails cut at the high risk foot clinic or by a podiatrist	<i>Asked:</i>	
Never cut your own nails unless they have talked to the podiatrist or nurse first	<i>Asked:</i>	

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