

Looking after your feet– Client Plans

Step 1 - Negotiate changes or tasks

Before you start, try and find out what other goals health professionals have asked your client to try. You may just want to reinforce those goals.

You should only have one plan for each session.

Depending upon the client, choose up to a maximum of **4 changes** or up to a maximum of either **4 tasks** or **6 items of knowledge**, you want the client to consider.

For changes only

Write these down in legible writing on the **Client Plan – Changes**

Ask the client to rate them:

Y	Yes, I really want to make the change
?	I would be a good idea but ...
N	No, not now

Step 2 - Set goals or tasks

Depending on the ratings given by the client select either:

- **1 or 2 changes** as achievable goals
- up to **4 tasks**
- up to **6 items of knowledge**

Write what has been chosen on the **Client's Plan – Goals, tasks or knowledge**

Ask the client if they will try? Then set a review time.

Step 3 - Review goals or tasks

During the review, rate the achievement of each goal with the client. (Make sure you are positive about the outcomes, do not be negative.)

Y	Yes, I have reached my goal, done my tasks or remembered.
?	I would have but ...
N	No, I couldn't

Step 4 - Record the outcomes

The outcomes of the education should be record in the client's medical records.

Name:	Date:
Client's Plan – Change suggestions	Prepared to do

Name:	Date:
Client's Plan – Goals, tasks or knowledge	Achievement

Looking after your feet

Examples of **tasks** the client may find appropriate

What to get

- methylated spirit
- skin cream
- green scrubbing pads
- cotton buds
- sandpaper nail files
- Have a bowl just for washing feet.

What to do

Shoes & socks

- Always wear socks and shoes to protect my feet.
- Always have a clean towel for when I wash my feet.
- Have plenty of pairs of cotton socks to change into.
- Always wash my feet if my socks get wet or sweaty, then put a clean pair of cotton socks on.

Toe nails

- Stop cutting my own toe nail let the nurse or podiatrist does it.

Examples of **goals** the client may find appropriate

Making time

- Set aside time for my everyday foot check.
- Look after my feet everyday. Never miss.

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