

Foot care – Everyday foot check - 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

Foot care – Everyday foot check – Part 1	
	Damaged nerves can mean there is no pain or feeling in their feet.
	Cuts can become infected. Germs get in and the cut becomes a sore.
	Look for : <ul style="list-style-type: none">• cuts & scratches• calluses• corns• blisters• insect bites• red areas & rashes• burns• cracked skin
	Any damage to your skin can become sores

Important concepts

Any damage to your skin can become infected.

Competencies - Part 2

Foot care – Everyday foot check – Part 2	
	<p>Look:</p> <ul style="list-style-type: none">• On top of each foot• On the side of each foot• Between the toes on each foot• Underneath each foot
	<p>Where they can get swelling:</p> <ul style="list-style-type: none">• On top• On the side• Underneath
	<p>Swelling may mean you have damaged your bones.</p>

Important concepts

Swelling can be a sign of bone damage.

Assessment - Part 1

Foot care – Everyday foot check – Part 1		
Damaged nerves can mean there is no pain or feeling in their feet..	Ask: Why can't some people feel pain in their feet?	You can use the foot damage test cards or posters.
Cuts can become infected. Germs get in and the cut becomes a sore	Ask: What can happen if you get a cut on your foot?	You can use the foot damage test cards to get the client to tell you the infection story/.
Look for : <ul style="list-style-type: none"> • cuts & scratches • calluses • corns • blisters • insect bites • red areas & rashes • burns • cracked skin 	Ask: Tell me what you should look for when you check your feet?	You can use the foot damage test cards it get the client to identify the different kinds of damage.
Any damage to your skin can become sores	Ask: Tell me what can happen to your foot if an inset bite* gets germs inside? *You can use different skin damage examples	You can use the foot damage test cards.

Assessment - Part 2

Foot care - Everyday foot check – Part 2		
Look: <ul style="list-style-type: none"> • On top of each foot • On the side of each foot • Between the toes on each foot • Underneath each foot 	Ask: Show me where to look?	You can get them to show you on their feet.
Where they can get swelling: <ul style="list-style-type: none"> • On top • On the side Underneath	Ask: Show me where to look?	You can get them to show you on their feet.
Swelling may mean you have damaged your bones.	Ask: What can swelling mean?	You can use the everyday foot check test cards

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

- Everyday foot check– Posters

- Everyday foot check – Yarn cards
- Everyday foot check – Picture yarn
- Everyday foot check – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Everyday foot check		Rate & Notes
Damaged nerves can mean there is no pain or feeling in their feet..	<i>Asked:</i>	
Cuts can become infected. Germs get in and the cut becomes a sore	<i>Asked:</i>	
Look for : <ul style="list-style-type: none"> • cuts & scratches • calluses • corns • blisters • insect bites • red areas & rashes • burns • cracked skin 	<i>Asked:</i>	
Any damage to your skin can become sores	<i>Asked:</i>	

Client notes - Part 2

Name:		Date:
Foot care - Everyday foot check		Rate & Notes
Look: <ul style="list-style-type: none"> • On top of each foot • On the side of each foot • Between the toes on each foot • Underneath each foot 	<i>Asked:</i>	
Where they can get swelling: <ul style="list-style-type: none"> • On top • On the side Underneath	<i>Asked:</i>	
Swelling may mean you have damaged your bones.	<i>Asked:</i>	

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