

Foot care – Foot damage - 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 – Foot damage – Part 1	
	<p>Standing or walking puts pressure their feet. Walking or standing can cause:</p> <ul style="list-style-type: none">• Callus – hard skin• Bruise – under your callus• A small sore
	<p>Sores can be a big problem for people with diabetes.</p>
	<p>With diabetes sore don't get better. The causes are usually:</p> <ul style="list-style-type: none">• nerve damage• not controlling your blood sugar.• problems with their blood pipes especially the very small pipes

Important concepts

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

Competencies - Part 2

Foot care – Foot damage – Part 2	
	The infection from the sore can infect your bones.
	Infected bones may need to be cut off. (amputated)
	Amputation does not need to happen if you: <ul style="list-style-type: none">• look after your feet• get help if a sore doesn't heal after 2 days,• never let a sore get really bad.• control your blood sugar.• stop smoking.

Important concepts

Infections like sugar.

Blood has cells which are need to repair damage.

Assessment - Part 1

Foot care – Foot damage – Part 1		
<p>Standing or walking puts pressure their feet. Walking or standing can cause:</p> <ul style="list-style-type: none"> • Callus – hard skin • Bruise – under your callus • A small sore. 	<p>Ask: Have you ever had problems with your feet?</p>	<p>You can use foot damage test cards to discuss their problems.</p>
<p>Sores can be a big problem for people with diabetes.</p>	<p>Ask: Do you know anybody who has had problem with sores?</p>	
<p>With diabetes sore don't get better. The causes are usually:</p> <ul style="list-style-type: none"> • nerve damage • not controlling your blood sugar. • problems with their blood pipes especially the very small pipes 	<p>Ask: Tell me how:</p> <ul style="list-style-type: none"> • nerve damage could be a problem? • Infections like high blood sugar? • blood is needed to fight the infection? 	<p>You can use foot damage test cards to help them explain what is happening</p>

Assessment - Part 2

Foot care - Foot damage – Part 2		
The infection from the sore can infect your bones.	Ask: How do your bones get infected?	You can use looking after your feet story cards or posters you can them how to youse a mirror.
Infected bones may need to be cut off. (amputated)	Ask: What is it called when you have a bone cut off.	You can use foot damage test cards. Especially the one with the toe missing
Amputation does not need to happen if you: <ul style="list-style-type: none"> • look after your feet • get help if a sore doesn't heal after 2 days, • never let a sore get really bad. • control your blood sugar. • stop smoking. 	Ask: What are the 5 things you need to do?	You can use foot damage test cards as prompts.

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

- Foot damage – Posters
- Foot damage – Yarn cards
- Foot damage – Picture yarn
- Foot damage – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Foot damage		Rate & Notes
<p>Standing or walking puts pressure their feet. Walking or standing can cause:</p> <ul style="list-style-type: none"> • Callus – hard skin • Bruise – under your callus • A small sore. 	<i>Asked:</i>	
<p>Sores can be a big problem for people with diabetes.</p> <p>.</p>	<i>Asked:</i>	
<p>With diabetes sore don't get better. The causes are usually:</p> <ul style="list-style-type: none"> • nerve damage • not controlling your blood sugar. • problems with their blood pipes especially the very small pipes 	<i>Asked:</i>	

Client notes - Part 2

Name:		Date:
Foot care - Foot damage		Rate & Notes
The infection from the sore can infect your bones.	<i>Asked:</i>	
Infected bones may need to be cut off. (amputated)	<i>Asked:</i>	
Amputation does not need to happen if you: <ul style="list-style-type: none"> • look after your feet • get help if a sore doesn't heal after 2 days, • never let a sore get really bad. • control your blood sugar. • stop smoking. 	<i>Asked:</i>	

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