

Foot care – Protecting your feet - Part 1 & 2

“Protecting 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 – Protecting your feet – Part 1	
	Socks protect your feet from insect bites and sores.
	Socks must be: <ul style="list-style-type: none">• cotton or wool or a mixture of both• loose at the top but not loose
	Women’s shoes should have: <ul style="list-style-type: none">• a smooth inside• a firm heel• a wide low• a rubber sole• Velcro fastening
	Some people will need an insert to help stop pressure on their feet.

Important concepts

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

Competencies - Part 2

Foot care – Protecting your feet – Part 2	
	When wearing sandals the toes must be well back. Enclosed shoes need space for the toes.
	Discuss your options when choosing sandals
	Discuss why some shoes are not suitable.

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

Foot care – Protecting your feet – Part 1		
Socks protect your feet from insect bites and sores.	Ask: How do socks protect you?	You can use protecting your feet test cards or have a pair of suitable socks.
Socks must be: <ul style="list-style-type: none"> • cotton or wool or a mixture of both • loose at the top but not loose 	Ask: Why must socks be cotton or wool? Why must socks be loose at the top	You can use protecting your feet test cards or have a pair of suitable socks. You can demonstrate how socks can stop the blood flow.
Women’s shoes should have: <ul style="list-style-type: none"> • a smooth inside • a firm heel • a wide low • a rubber sole • Velcro fastening 	Ask: Them to show you there show and point out the important parts.	You can use their own shoe or a shoe you use for demonstrations..
Some people will need an insert to help stop pressure on their feet.	Ask: Them if they have inserts. Ask: Why do people need inserts.	You can discuss their own insert or have a demonstration insert. If you don’t have either you can use protecting your feet test cards.

Assessment - Part 2

Foot care Protecting your feet – Part 2		
<ul style="list-style-type: none"> When wearing sandals the toes must be well back. Enclosed shoes need space for the toes. 	<p>Ask: Why do you need plenty of space for your toes?</p>	<p>You can discuss their own shoes or have a demonstration sandal & enclosed shoe. If you don't have either you can use protecting your feet test cards.</p>
<p>Discuss your options when choosing sandals.</p>	<p>Have: A free flowing discussion on their options.</p>	<p>The protecting your feet poster is designed to start the conversation. The choice of shoe will depend on their situation and life style</p>
<p>Discuss why some shoes are not suitable.</p>	<p>Have : A free flowing discussion on what is suitable.</p>	<p>The protecting your feet poster is designed to start the conversation.</p>

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

- Protecting your feet – Posters
- Protecting your feet – Yarn cards
- Protecting your feet – Picture yarn
- Protecting your feet – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Protecting your feet		Rate & Notes
Socks protect your feet from insect bites and sores.	<i>Asked:</i>	
Socks must be: <ul style="list-style-type: none"> • cotton or wool or a mixture of both • loose at the top but not loose 	<i>Asked:</i>	
Women’s shoes should have: <ul style="list-style-type: none"> • a smooth inside • a firm heel • a wide low • a rubber sole • Velcro fastening 	<i>Asked:</i>	
Some people will need an insert to help stop pressure on their feet.	<i>Asked:</i>	

Client notes - Part 2

Name:		Date:
Foot care - Protecting your feet		Rate & Notes
<ul style="list-style-type: none"> When wearing sandals the toes must be well back. Enclosed shoes need space for the toes. 	<i>Asked:</i>	
Discuss your options when choosing sandals.	<i>Had:</i>	
Discuss why some shoes are not suitable.	<i>Had:</i>	

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