

# Foot care – Smoking & your feet - Part 1 & 2

“Smoking & 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 – Smoking & your feet – Part 1	
	Smoking damages your feet.
	Blood pipes narrow when you are smoking.
	Smoking helps fat block your blood pipes
	Stop smoking and save your toes and feet.

## Important concepts

Smoking causes inflammation which damages your blood pipes.

# Assessment - Part 1

Foot Care – Smoking & your feet – Part 1		
Smoking damages your feet.	<b>Ask:</b> Why do you see people with moon boots at the high risk foot clinic? Why do they have moonboots	You can use smoking test cards or posters. The pictures show people who are smoking wearing moon boots or large dressings on their feet
Blood pipes narrow when you are smoking.	<b>Ask:</b> What does blood carry? What happens if you are not getting enough oxygen?	You can use smoking test cards or posters.
Smoking helps fat block your blood pipes.	<b>Ask:</b> What could make the fat in your blood sticky? <b>Ask:</b> What does sticky fat do to your blood pipes?	You can use smoking test cards or posters.
Stop smoking and save your toes and feet.	<b>Ask:</b> What would happen if you stop smoking?	You can use smoking test cards or posters with the amputated toe.

## 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

- Smoking & your feet– Posters
- Smoking & your feet – Yarn cards
- Smoking & your feet – Picture yarn
- Smoking & your feet – Test cards

Foot care– Body parts

## Client notes - Part 1

Name:		Date:
Foot care – Smoking & your feet		Rate & Notes
Smoking damages your feet.	<i>Asked:</i>	
Blood pipes narrow when you are smoking.	<i>Asked:</i>	
Smoking helps fat block your blood pipes.	<i>Asked:</i>	
Stop smoking and save your toes and feet.	<i>Asked:</i>	

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