

Foot care – Regular foot check up - Part 1 & 2

“Regular foot check up” 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 – Regular foot check up – Part 1	
	What needs to be checked?
	Are you prepared for the check up? Do you have everything you need?
	What isn't right & what you need to show the podiatrist or nurse.
	What may need to be done in the check up.
	What you need to do & what have you learnt

Important concepts

You need to get the most out of each visit to a health care worker or doctor..

Assessment - Part 1

Foot care – Regular foot check up – Part 1		
What needs to be checked?	Ask: What needs to be checked?	You can use the regular check up test cards as a prompt.
Are you prepared for the check up? Do you have everything you need?	Ask: What should you bring to the check up? What should you do before you go to the check up?	You can use the regular check up test cards
What isn't right & what you need to show the podiatrist or nurse.	Ask: What kind of things would you show the nurse or podiatrist?	You can use the regular check up test cards
What may need to be done in the check up.	Ask: What needs to be done?	You can use the regular check up test cards
What you need to do & what have you learnt	Ask: Why is it important you have someone with you when the nurse or podiatrist tells you what to do?	You can use the regular check up test card which show someone accompanying you.

Assessment - Part 2

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

- Regular foot check up– Posters
- Regular foot check up – Yarn cards
- Regular foot check up – Picture yarn
- Regular foot check up – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Regular foot check up		Rate & Notes
What needs to be checked?	<i>Asked:</i>	
Are you prepared for the check up? Do you have everything you need? .	<i>Asked:</i>	
What isn't right & what you need to show the podiatrist or nurse.	<i>Asked:</i>	
What may need to be done in the check up.	<i>Asked:</i>	
What you need to do & what have you learnt	<i>Asked:</i>	

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