

## Foot care – Blood pipes - Part 1 & 2

“Blood pipes” 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 – <b>Blood pipes – Part 1</b>	
	Big blood pipes are in your legs and ankles.
	Blood pipes can become narrow or blocked with fat.
	A nurse or podiatrist can feel a pulse in your foot.
	Tiny blood pipes are just under your skin
	Healthy feet are warm.
	Cold feet can mean there is a problem with the blood pipes.

## Important concepts

A good blood supply keeps your feet healthy.

# Assessment - Part 1

Foot care – Blood pipes – Part 1		
Big blood pipes are in your legs and ankles.	<b>Ask:</b> What is the job of the big blood pipes?	You can use the blood pipes test cards.
Blood pipes can become narrow or blocked with fat. .	<b>Ask:</b> What happens if the blood pipes become narrow or blocked?	You can use the blood pipes test cards
A nurse or podiatrist can feel a pulse in your foot.	<b>Ask:</b> How can the podiatrist or nurse test your blood pipes?	You can use the blood pipes test cards
Tiny blood pipes are just under your skin	<b>Ask:</b> Why are there tiny blood pipes just under the skin	You can use the blood pipes test cards
Healthy feet are warm.	<b>Ask:</b> Why are health feet warm?	You can use the blood pipes test cards. .
Cold feet can mean there is a problem with the blood pipes.	<b>Ask:</b> Why does a cold foot mean there might be a problem?.	You can use the blood pipes 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

- Blood pipes– Posters
- Blood pipes – Yarn cards
- Blood pipes – Picture yarn
- Blood pipes – Test cards

Foot care– Body parts

## Client notes - Part 1

Name:		Date:
Foot care – Blood pipes		Rate & Notes
Big blood pipes are in your legs and ankles.	<i>Asked:</i>	
Blood pipes can become narrow or blocked with fat.	<i>Asked:</i>	
A nurse or podiatrist can feel a pulse in your foot.	<i>Asked:</i>	
Tiny blood pipes are just under your skin	<i>Asked:</i>	
Healthy feet are warm.	<i>Asked:</i>	
Cold feet can mean there is a problem with the blood pipes.	<i>Asked:</i>	

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