

Foot care – Not enough oxygen (claudication) -

Part 1 & 2

“Not enough oxygen” 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 – Not enough oxygen– Part 1	
	How oxygen is carried around their body in blood cells
	Legs being painful and cramping when the blood pipes don't allow enough oxygen to the muscles.
	The blood pipes can be narrowed or blocked by fat.
	The blood pipe test.
	Point to where you are likely to feel pain.

Important concepts

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

Assessment - Part 1

Foot care – Not enough oxygen – Part 1		
How oxygen is carried around their body in blood cells	Ask: What carries oxygen around the body?	You can use the not enough oxygen test cards.
Legs being painful and cramping when the blood pipes don't allow enough oxygen to the muscles.	Ask: What happens when the blood pipes don't allow enough oxygen to the muscles?	You can use the not enough oxygen test cards.
The blood pipes can be narrowed or blocked by fat.	Ask: How do the blood pipes get narrowed or blocked?	You can use the not enough oxygen test cards.
The blood pipe test.	Ask: Tell me about the blood pipe test?	You can use the not enough oxygen test cards.
Point to where you are likely to feel pain.	Ask: Show me where you are likely to feel pain?	You can get them to point on their leg.

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 client doesn't understands or isn't able to do what is required

Related resources

- Not enough oxygen– Posters
- Not enough oxygen – Yarn cards
- Not enough oxygen – Picture yarn
- Not enough oxygen – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Not enough oxygen		Rate & Notes
How oxygen is carried around their body in blood cells	<i>Asked:</i>	
Legs being painful and cramping when the blood pipes don't allow enough oxygen to the muscles. .	<i>Asked:</i>	
The blood pipes can be narrowed or blocked by fat.	<i>Asked:</i>	
The blood pipe test.	<i>Asked:</i>	
Point to where you are likely to feel pain.	<i>Asked:</i>	

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