

Foot care – Nerves - Part 1 & 2

“nerves” 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 – Nerves – Part 1	
	Nerves take messages to the brain.
	There are lots of small nerves in the feet.
	High sugar levels can damage the covering on nerves.
	Damaged nerve means they can't feel pain and what is happening to their feet.

Important concepts

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

Competencies - Part 2

Foot care – Nerves – Part 2	
	Nerves are like electric wires. If the insulation is damaged they don't work properly.
	Damaged nerve sensations can be their feet are : <ul style="list-style-type: none">• on fire• being cut by knives or razor blades• covered by ants are crawling over them
	A small thin wire (filament) is used to test the nerves in the feet.

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 – Nerves – Part 1		
Nerves take messages to the brain.	Ask: Why do the messages from your feet need to go to your brain?	You can use the nerve test cards
There are lots of small nerves in the feet.	Ask: Where do you find small nerves?	You can use the nerve test cards
High sugar levels can damage the covering on nerves.	Ask: What damage can high sugar levels do to your feet?	You can use the nerve test cards
Damaged nerve means they can't feel pain and what is happening to their feet.	Ask: What happens when you have nerve damage in your feet?	You can use the nerve test cards

Assessment - Part 2

Foot care - Nerves – Part 2		
Nerves are like electric wires. If the insulation is damaged they don't work properly.	Ask: Tell me how nerves are like electric wire?	You can use the nerve test cards or have pieces of electrical wire.
Damaged nerve sensations can be their feet are : <ul style="list-style-type: none"> • on fire • being cut by knives or razor blades • covered by ants are crawling over them 	Ask: Tell me what they could feel if they had nerve damage in your feet?	You can use the nerve test cards.
A small filament is used to test the nerves in the feet.	Ask: How is the filament used?	You can use the nerve test cards or have a filament.

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

- Nerves– Posters
- Nerves – Yarn cards
- Nerves – Picture yarn
- Nerves – Test cards

Foot care– Body parts

Client notes - Part 1

Name:		Date:
Foot care – Nerves		Rate & Notes
Nerves take messages to the brain.	<i>Asked:</i>	
There are lots of small nerves in the feet.	<i>Asked:</i>	
High sugar levels can damage the covering on nerves.	<i>Asked:</i>	
Damaged nerve means they can't feel pain and what is happening to their feet.	<i>Asked:</i>	

Client notes - Part 2

Name:		Date:
Foot care - Nerves		Rate & Notes
Nerves are like electric wires. If the insulation is damaged they don't work properly.	<i>Asked:</i>	
Damaged nerve sensations can be their feet are : <ul style="list-style-type: none"> • on fire • being cut by knives or razor blades • covered by ants are crawling over them 	<i>Asked:</i>	
A small filament is used to test the nerves in the feet.	<i>Asked:</i>	

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