THE ROLE OF THE FOOT NURSE

Prevention

- promote the maintenance of healthy feet

Advocate

- promote foot health and mobility
- promote community resources
- promote family involvement

Treatment

Nursing foot care includes:

- a nursing health assessment including an assessment of the foot and lower extremities
- nail cutting & filing
- management and care of corns, calluses and ingrown toe nails
- working with clients to put together a plan that is focused on preventative measures to promote self care
- ongoing nursing assessment and evaluation
- identifying the need for more specialized treatments and referring to the appropriate resources (ie: Podiatrist, Pedorthist)

Education

- providing clients and caregivers with information specific to foot care, changes to the foot, footwear, the importance of exercise and proper nutrition
- providing appropriate educational handouts

TIPS FOR HEALTHY FEET

Do wear proper fitting shoes that are supportive.

Do walk. It's a great way to increase circulation, prevent blood clots and keep your bones and muscles healthy.

Do buy shoes in the late afternoon because your feet may swell during the day.

Do wash and dry your feet well, especially between the toes.

Do check your feet daily for cuts, bruises and blisters.

Don't wear tight socks, elastics or knee-high stockings that restrict circulation.

Don't go barefoot, even indoors.

Don't put hot water bottles or heating pads on your feet.

Don't cross your legs.

Don't smoke because smoking decreases circulation and healing, and significantly increases the risk of amputation.

Don't ignore foot pain.

Don't use over-the-counter medications to treat corns, calluses and warts.

Don't treat your own ingrown toe nails, calluses or corns with scissors or a razor.

Find a Foot Care Nurse www.mafcn.ca

www.mafcn.ca

ATHLETES FOOT

Nursing foot care keeps you active and on your feet

Manitoba Association of Foot Care Nurses

www.mafcn.ca

Find a Foot Care Nurse in your area **www.mafcn.ca**

HEALTHY FEET ARE AN IMPORTANT PART OF OVERALL GOOD HEALTH

Why is foot care important?

Although most people are born with healthy feet, as we grow older, three out of four Canadians will develop a foot problem that requires medical attention.

- regular foot care plays an important role in keeping you healthy and remaining active
- feet that are healthy and pain free help you to keep your balance, which may prevent falls
- foot related problems may result in a loss of independence and well-being

A percentage of nursing foot care services may be covered by some health insurance plans including extended Blue Cross, Great West Life, Sunlife, and DVA.
Receipts are issued and may be applied to the medical expense portion of your personal income tax.

Athlete's foot

Athlete's foot (tinea pedis) is a fungal infection of the skin. If left untreated, the fungus can spread to the toenails, causing thickening and yellowing of the nail. Athlete's foot is contagious and can be spread via towels, floors or sharing of footwear.

Symptoms:

- Dry, itchy, scaling, burning skin
- Blisters or peeling between the toes
- Foul smell may occur

Causes:

- Microscopic fungal organisms
- Excessive perspiration
- Compromised immune system
- Once your feet have been contaminated, the warm, dark and sweaty environment of feet in shoes provides the ideal breeding ground for the fungus

Prevention/What Can You do?

- Change footwear & socks regularly
- Good foot hygiene, including careful drying after bathing, especially between the toes
- Wear shoes/sandals in public areas such as pools, locker room & gyms
- Never wear anyone else's footwear

Do you have diabetes, circulation problems, numbness in your feet? Do you have difficulty seeing or reaching your feet? If you answer YES to any one of these, you are encouraged to seek assistance in foot care rather than attempting to do it yourself.

Do you have diabetes, circulation problems, numbness in your feet? Do you have difficulty seeing or reaching your feet?
If you answer YES to any one of these, you are encouraged to seek assistance in foot care rather than attempting to do it yourself.

While reasonable efforts have been made to ensure the accuracy of the information provided, it is provided for information purposes only. Neither the MAFCN nor its members are responsible or liable for any claim or personal injury, which may occur as a result of using this information. Any reliance on the information is solely at the users own risk. It is not the intention of the MAFCN or its members to provide specific medical advice, but rather to provide users with information to better understand their foot problems. If you have a foot problem, please contact a medical professional.