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

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CHARCOT 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.

Charcot Foot

Charcot foot is a rare but serious complication that can affect persons with peripheral neuropathy, especially those with diabetes. Charcot affects the bones, joints, and soft tissues of the foot or ankle. The bones become weak and can fracture. The joints in the foot or ankle can dislocate.

Symptoms

- In the early stages, the foot is red, feels warm to the touch, and there is swelling of the extremity
- When the midfoot is involved, the arch collapses causing the foot to change shape

Causes

- People with neuropathy have diminished feeling in their feet and may also have reduced muscle control, both factors can increase the risk of developing Charcot foot
- If a broken bone in the foot or ankle is not correctly treated, the deformity can worsen, leading to foot sores and infection

Prevention/What Can You do

- People with diabetes should report any signs of foot damage (such as a change in the shape of the foot) to their health care provider as soon as possible
- DO NOT walk or put weight on the foot
- Seek immediate medical attention if Charcot foot is suspected
- Once healed, specialized footwear and inserts may be required to prevent recurrence
- Maintain blood sugar levels, proper diet and check feet daily

If you have diabetes or poor circulation, or loss of feeling in your feet (neuropathy), or are unable to see or reach your feet, 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.

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