Nursing foot care keeps you active and on your feet

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

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

CORNS AND CALLUSES
Manitoba Association of Foot Care Nurses
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.

Corns and Calluses
A callus or corn is thickening of the skin due to repeated pressure or friction. The skin thickens in response to pressure, this is the body’s way of protecting the underlying tissue. Calluses usually appear on the bottom or side of the foot. Corns usually form over the “knuckle” or joints of the toe. Corns and calluses are not the same thing. Corns are smaller than calluses and have a hard centre surrounded by inflamed skin. Corns tend to develop on part of the feet that don’t bear weight, such as the tops and sides of the toes. Corns can be painful when pressure is applied. Calluses usually develop on the sole of the foot, especially on the heel or ball of the foot. Calluses are usually larger than corns.

Symptoms
• Tenderness or pain from pressure

Causes
• Ongoing friction or pressure on the foot
• Poorly fitting footwear or hosiery

Prevention/What Can I Do?
• Wear shoes that give the toes plenty of room, you should be able to wiggle your toes
• Have a shoemaker stretch your shoes where they rub or pinch
• Use a foot file to reduce the thickened skin, file only when the skin is dry
• Moisturize regularly
• DO NOT try to remove a callus/corn by soaking it and attempting to resolve it when the skin is soft (you can accidently injure healthy tissue)
• DO NOT use medicated callus/corn pads

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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