

FOOT CARE CLINIC PROTOCOL

Cleansing

- Soak your patient's feet in warm water
- Wash their feet with soap
- Use the nail brush and orange stick to thoroughly clean under the nails and around the proximal nail folds
- Dry feet thoroughly especially between the toes

Inspection

- Examine the dorsal and plantar surfaces for any lesions
- Examine between the toes for lesions, especially for tinea
- Observe for redness, blisters, open areas or skin breaks that may indicate infection or ulceration.
- Observe for calluses or corns
- Observe for nail fungus
- Observe for color
- Observe for the red, shiny, hairless skin of the lower leg as this could be symptomatic of peripheral arterial disease
- Observe for hyperpigmentation around the ankles and any vascularities as this could be symptomatic of venous reflux or stasis

Palpation

- Palpate dorsalis pedis and posterior tibialis pulses
- Palpate for skin temperature with the backs of your fingers
- Palpate the calves to see if this elicits a painful response from the patient
- Palpate the plantar surfaces of the feet or use filament to check for neuropathy and sensation
- Use a 128 or 256 hZ tuning fork to assess vibratory sensation
- Assess for sharp/dull differentiation with an orange stick and cotton

Treatment

- Clip the toenails straight across, careful not to cut into the fleshy part of the toe

- File the nail with the emery board to smooth the sharp edges on nails or rough edges on calluses
- Apply lotion to feet, but NOT BETWEEN TOES
- If using a Dremel to thin out the toenail, hold the tool parallel with the top of the nail and light on the surface. Sweep the tool slowly back and forth across the surface, pausing approximately every 10-15 seconds to feel the nail surface to make sure it is not getting too hot. (the rpms of the tool can generate heat and patients with neuropathy cannot alert you that it is hot). Try to grind the nail down as near to the level of the dorsal surface of the toe as possible.

Education

- Educate your patient throughout the procedure on how to properly clean their feet
- Demonstrate how to cut and file their toenails
- Instruct your patient how to examine the plantar surface of their feet using a mirror placed on the floor
- Invite your patient to return to the foot clinic the next time it is scheduled in their location

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