

Policies and Procedures

Title: Foot Care Injury; First Aid and Plan of Care	
Effective Date: rev May 6, 2017 Revised: October 17, 2018 (AP/MP)	Number: 2.0 Foot Care Nova Scotia (A. Petten RN)

Policy: Injuries occurring during nursing foot care will be identified and managed appropriately with First Aid and a plan of care.

Guiding Principles/Key Assumptions

1. The foot care provided is within the scope of practice of a nurse licensed to practice in Nova Scotia.
2. The nursing foot care provided was mutually agreed upon by the client and nurse based on the data of a comprehensive assessment of the client's lower limb and general health.
3. The foot care provided is conservative and intended to be noninvasive at the level of the epidermis.
4. Expected outcomes of nursing foot care include maintenance of skin integrity.

Procedure/Professional Responsibility

1. Inform the client of any injury immediately.
2. Initiate First Aid (e.g. direct pressure for 2-5 minutes continuously).
3. Review First Aid and Plan of Care document with client. (Appendix A)
4. Develop plan of care with client and others required (e.g. family, caregiver, MD) as required.
5. Give client completed First Aid and Plan of Care document.
6. Document in health record.
7. Follow up as per plan of care.

References

College of Licensed Practical Nurses of Nova Scotia (2013). *Guidelines for licensed practical nurses in Nova Scotia; The professional practice series; The nursing care plan.*

College of Registered Nurses of Nova Scotia (2015). *Nursing Plan of Care Practice Guideline*

College of Licensed Practical Nurses of Nova Scotia (2013). *Guidelines for licensed practical nurses in Nova Scotia; The professional practice series; Practice guideline foot care (2012 rev 2014).*

Appendix A

1st Aid and Plan of Care Foot Care Nova Scotia

Our skin is a very important barrier. When it is intact, it prevents germs from getting inside and causing infection.

When skin is 'open' the area is at risk for infection until it heals over. It needs to be kept clean, dry and covered. You need to look at it and feel around the area 1-3 times each day until it is fully healed.

You were given this Information Sheet because

How often to look at the area to see if it is healing well:

2-3 times per day for 1-2 days	2 times per day for 2-3 days	1 time each day until skin intact and normal
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How to check the area: Take off socks and shoes from both feet. Compare right and left foot. Most people will do this before they get dressed in the morning and when going to bed at night.

What to check for:

Colour change
Bigger
Pain

Warmer or colder
Drainage
Looks or feels different than the other foot

How to clean it:

1. Wash your hands before and after.
2. As you check the area, you can clean it with mild soap and water or saline. Dry well, then use an antiseptic you may have at home. Many people use tea tree oil, iodine (might hide colour changes), Polysporin or other (just one, not all 3!) You can ask your pharmacist or doctor too.
3. Keep it dry and covered between checking and cleaning. A bandage or gauze will do. Do not wrap a bandage or tape in a circle all the way around a toe because it can cut off the blood flow. The bandage or gauze must fit in the shoe without causing pressure.

If you can't see the area, you can try a mirror or have someone else look at it for you. Sometimes people will take pictures to compare the progress.

Please follow up as advised by your foot care nurse. Keeping your feet healthy helps to keep your whole body healthy. If you notice a problem, you may need to contact your foot care nurse or doctor. For some people, a small problem can become a big problem very quickly.

If you're not sure ... ask!

Who to call if you notice a problem: _____