



FOOT CARE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=Q9Z7EQ0WHQI](https://www.youtube.com/watch?v=Q9Z7EQ0WHQI)
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BVNFMV7MN-C](https://www.youtube.com/watch?v=BVNFMV7MN-C)



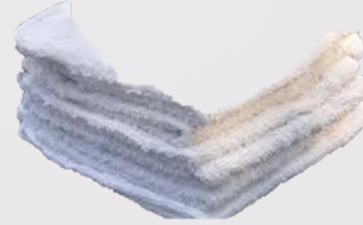
For the HCA skills test the client is sitting in a chair while this care is provided (you may need to remove the shoe and sock before you start the procedure)

If a client has a circulatory problem or diabetes, a Home Care Aide should not use an orange stick on the client's toenails

▪

Blood supply may be affected, resulting in slower healing. You may also lose some feeling in your feet due to nerve damage. (may not realise they have minor cuts or blisters, which can lead to ulcers.) cuts and sores may not heal

SUPPLIES



- Soap
- Lotion
- 3 Wash cloth 1)soap 2)rinse 3)sticks
- Basin
- Gloves
- 3 big towels 1)floor 2) dry 3)for your knee



TO SUCCESSFULLY DEMONSTRATE THIS SKILL YOU NEED

- Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills
 - Assemble appropriate equipment (for the test no assisting device)
 - Wash hands
 - Identify yourself
 - Provide privacy
 - Explain the procedure to the patient
 - Scan the Area for safety
 - Plan your actions well

Wash hands and put on gloves





Inspect the client's foot carefully before starting the procedure by checking between the toes and the heels of the foot.

Inquire whether the client has any pain or sensitive areas before beginning

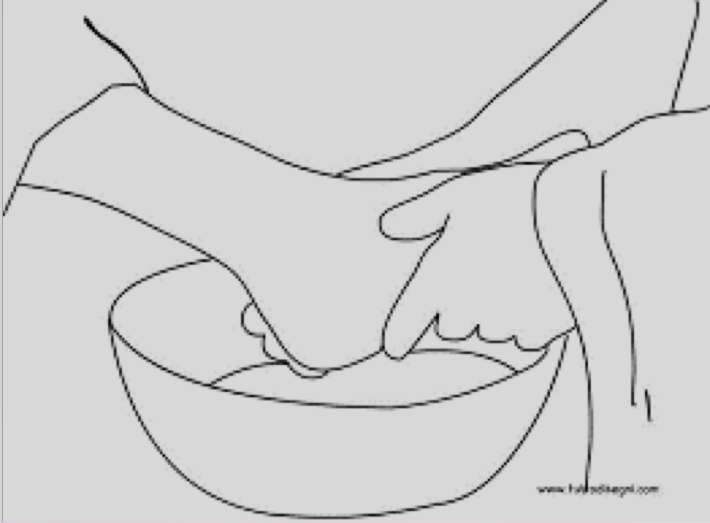


Put water in basin, filling it no less than halfway full

Ask client if water temperature is comfortable before foot is completely submerged. Adjust if necessary.

Put the client's foot completely in the water

Supporting foot and ankle properly
throughout procedure, remove foot
from water





wash entire foot,
including between toes, with soapy washcloth after soaking

Be sure to add the soap to the wet washcloth rather than directly in the water

Keep water in basin soap free for use as rinse water by:

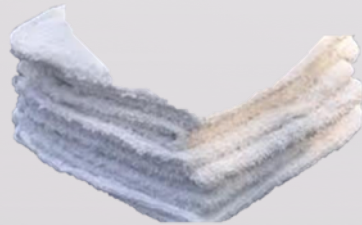
(1) washing foot with washcloth with soap applied directly to the washcloth instead of adding soap into basin of water;

TIP

PUT SOAP ON THE WASH CLOTH. SPREAD THE SOAP THROUGHOUT THE TOWEL BY RUBBING IT TOGETHER FOLD THE WASH CLOTH IN FOUR- 1) FRONT OF THE FOOT 2) THE BACK OF THE FOOT 3) ONE SIDE OF THE FOOT THAT 4) OPPOSITE SIDE OF THE BOOK
SPREAD THE WASH CLOTH AROUND, CLEAN BETWEEN EACH TOE, TOE NAIL BED AND WALES

or

(2) using two separate basins of water: one for washing and one for rinsing





**RINSE TO REMOVE SOAP
FROM FOOT AND IN
BETWEEN TOES**



PRIOR TO CLEANING DIRT OUT
FROM UNDER CLIENT'S NAILS,
GENTLY PAT THEIR FOOT **DRY**
INCLUDING BETWEEN THEIR
TOES



CLEAN UNDER NAILS WITH
ORANGE STICK. WIPE ORANGE
STICK ON TOWEL AFTER
CLEANING EACH NAIL



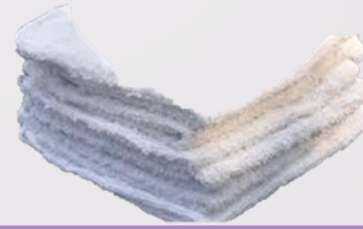
- Groom nails straight across with file or emery board

Move back and forth with an emery board and do not go too deeply into the corners as this can cause the nail to split and weaken.

File nails from one side to the other in one direction only or file each nail tip from corner to center

Cuticles act as a barrier to infection. Do not clip cuticles

Finish with nails smooth and free of rough edges



Ask if client would like lotion applied.

If so, put lotion in your hand and apply lotion to the client's entire foot making sure not to put lotion in-between the toes.

Remove excess lotion (if any) with towel

Assist client to replace socks and shoes





Empty, rinse, wipe bath basin, and return to proper storage

Remove gloves and wash hands

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