

What To Expect...

Foot Care

As you begin your care with our Foot Care Nurse, an important first step is to ask yourself the following questions:

- What is my goal for treatment?
- What changes am I willing to make in my daily routine to maintain my overall foot care?



Then consider the following:

- Prioritize the symptoms and areas of improvement you wish to target, so the Nurse can develop a foot care treatment plan that best suits your needs and goals.
- Come prepared. Wear pants that can be easily rolled for access to your feet and please remove any nail polish so the Nurse is able to properly assess your feet.
- Be prepared to answer questions about your past medical history, as the Nurse may ask health-related questions related to foot care and treatment planning.
- At the end of your first appointment, we will provide a clinical note to your Primary Care Provider explaining the treatment plan along with any suggestions and even additional services to help you better achieve your health goals.

What else you need to know:

Foot care is delivered by a Registered Practical Nurse (RPN) who specializes in Foot Care using best practice therapies and tools proven to achieve results when applied to your individual and specific needs.

Foot care is time-limited. Diabetic foot care will include 4 appointments, and non-diabetic clients will include 3 appointments. Appointments are scheduled for 45 minutes and will be booked in 3-month intervals.

If additional foot care is required at a later date, your Primary Care Provider can submit a new referral on your behalf, at least 3 months after your last session.

Treatment is voluntary, and you may end services at any time.

We require at least 24 hours notice to cancel or reschedule an appointment.

You will be required to attend regularly scheduled appointments to effectively address your wellness. Two (2) consecutive no-shows or missed appointments impacting your ability to achieve your care plan may result in your discharge from the program.

If you miss an appointment, you will be contacted by phone to confirm your interest in continuing with the program. If we do not hear from you after two attempts to contact you, your file will be closed, and a new referral will need to be made by your Primary Care Provider to begin services again.

Principles of Foot Care:

Education: Feet are our bodies foundation, so keeping our feet healthy is vital to our overall health. The RPN will spend time with you reviewing ways that you can improve and maintain healthy feet. The RPN may make recommendations in your food care routine and/or foot wear.

Treatment Plans: An in-depth assessment will be completed to create a treatment plan that is unique to you. Initial foot care assessments may be up to 60 minutes in length, with follow-up sessions being approximately 45 minutes in length. Treatment plans may consist of using topical creams, foot baths, changes in footwear, or possible medication discussions with your Primary Care Provider.

Consistency: It is important to understand that some foot care issues, such as fungus, can take several treatments, and you consistently follow the recommended care plan for up to a year before you see full results. You are going to learn and understand more about your own body, specifically your feet and how they function, as well as learn a lot of useful techniques and tools that you will be able to use for the rest of your life.

Accountability: During your foot care sessions, you may be learning new skills. We ask that you use the suggestions made to you by the RPN and begin to build on health foot habits.

Your Primary Care Provider will Always be Updated: The RPN will send an initial clinical note as well as a discharge note on your care to the Primary Care Provider that referred you to this program so they are always aware of and can support your progress.