



Home Health Aide On-the-Go In-Service Lessons: Vol. 7, Issue 1: Foot Care (Home Health Aide on- the-Go in-Service Lessons, Volume 7)

HCPPro, Inc., Beacon Health

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This lesson on Foot Care includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there is no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year.

LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: Identify three abnormal foot findings to report to the patient's case manager Describe three exercises the homebound patient can do to improve circulation to the feet, and Demonstrate the correct angle for cutting toenails.

OVERVIEW Footwear has served many needs throughout history. Early humans used footwear for practical reasons to protect their feet from the elements. From the 10th century to as recent as the 1940s, tiny feet were very fashionable in China. Although impractical and painful, they often broke and bound girls' feet to keep them from growing. Also impractical were the narrow, pointy shoes most 16th-century English actors wore on stage. Unfortunately, fashion often gets in the way of practicality, resulting in shoes that do not fit properly. This improper fit leads to pinched toes, malformed feet, bunions, blisters, and generally unhealthy feet. Footwear is only one aspect of healthy foot maintenance. Proper foot care is also important. Foot care began in ancient civilizations as a form of hospitality to visitors. Welcoming weary travelers with water to clean their feet not only rejuvenated them, but promoted healthy feet. Today, home health aides provide foot care to the elderly and are often the only people who have time to check a patient's feet. Observing and reporting problems timely, as well as providing proper foot care, makes a difference in a homecare patient's quality of life. Without proper foot care, elderly patients can suffer from corns, fungal infections, slow-healing wounds, impaired mobility, and even amputation.

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