

## CHS150.2012 Maintain the feet of individuals who have been assessed as requiring help with general foot care

### OVERVIEW

This standard covers your role in contributing to the care and maintenance of the feet of individuals assessed by a podiatrist as unable to maintain their own foot care. It includes undertaking those foot care activities which individuals would normally be able to do for themselves such as nail cutting and the application of dressings and medicaments. You will follow a prescribed care plan and will ensure that a record of the care given is made. You will need to be able to recognise when to refer the individual back to the podiatrist. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 2

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the current European and National legislation, national guidelines, organisational policies and protocols in accordance with any Clinical/Corporate Governance which affect your work practice in relation to maintaining the feet of individuals who have been assessed as requiring help with general foot care
- 2.your responsibilities and accountability in relation to the current European and National legislation, national guidelines and local policies and protocols and any Clinical/Corporate Governance
- 3.the duty to report any acts or omissions in care that could be detrimental to yourself, other individuals or your employer
- 4.the importance of taking particular safety precautions
- 5.the legislation and procedures for dealing with contamination by body fluids
- 6.the importance of applying standard precautions to the maintenance of foot health and the potential consequences of poor practice
- 7.the importance of maintaining foot health
- 8.the importance of noting and acting upon changes on foot conditions
- 9.the importance of passing questions and situations beyond your scope practice onto the podiatrist
- 10.the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
- 11.the importance of monitoring the individual's condition throughout the treatment
- 12.the importance of informing individuals about the nature of the procedure and dressings used in their treatment

- 13.possible adverse reactions to medicaments and dressings and the treatment of such
- 14.changes in foot condition caused by dressings that require referring on to the podiatrist
- 15.changes in foot conditions that indicate treatment is no longer required
- 16.the importance of monitoring and reporting both social and health concerns
- 17.the purpose of the treatment plan and how to follow it
- 18.the structure of healthy skin and nail in order to recognise which is normal and abnormal
- 19.signs of infection
- 20.common medical and surgical conditions and how drug therapy can affect feet and foot care requirements
- 21.pharmacology relating to common treatments
- 22.the anatomy of the lower limbs and physiology of circulation related to maintaining foot health
- 23.the equipment and materials used to maintain the feet of individuals
- 24.different types of dressings and medicaments
- 25.how to recognise the signs and symptoms of foot and nail abnormalities and the consequences of inaction in reporting these
- 26.methods of maintaining and improving foot health
- 27.the use of autoclaves and alternative methods of instrument sterilization
- 28.methods of foot health promotion
- 29.what is meant by is hazardous and non-hazardous waste and the appropriate methods of disposal for both
- 30.aseptic techniques and clean procedures for use with sterile dressings
- 31.the information that should be recorded and the importance of doing this as contemporaneously as possible
- 32.the legalities of record keeping

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.apply standard precautions for infection prevention and control and other relevant health and safety measures
- 2.inform the individual of the activities to be undertaken in a manner sensitive to their needs and at the appropriate level and pace
- 3.gain valid consent to carry out the planned care
- 4.encourage the individual to ask questions on how to improve their foot care and health and to provide full information on the general condition of their feet and any factors which have influenced their condition
- 5.prepare the individual's feet in a manner consistent with the care to be provided and identify any signs of deterioration, infection or abnormality
- 6.refer the individual to an appropriate podiatrist, without delay, where the care required is beyond your scope of practice
- 7.use equipment appropriate for the individual, their condition, the treatment plan and the care being given
- 8.handle and operate instruments and equipment in a manner which reduces the likelihood of risk, discomfort and injury to individual and worker, and in accordance

- with health and safety guidelines
- 9.maintain nails in a manner which is consistent with individual's plan of care, condition and safety
  - 10.apply medicaments and dressings according to the prescription of care appropriate to the individual's condition from those available to you
  - 11.advise the individual on how to maintain their feet and what to do should they develop pain or discomfort
  - 12.report any signs of infection or deterioration in the individual's condition to the professional without delay
  - 13.dispose of waste materials in an appropriate manner and place in accordance with health and safety guidelines
  - 14.make an accurate, complete and legible record of the care given

### **ADDITIONAL INFORMATION**

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004): Dimension: HWB7 Interventions and treatments