



Footcare: Supporting clients to maintain healthy feet

Basic Footcare is a normal activity of daily living

“Foot hygiene is defined as fundamental attention given to normal toe nails and skin surfaces of the foot, including washing and drying, the cutting and filing of toe nails, the removal of superficial dead skin material inter-digitally and the application of drying or softening agents.” - Australian Podiatry Council

The role of Direct Care Workers

- Support clients to maintain healthy feet within the active support model – “*Do With, Not For*”
- Prompt the client to identify techniques for caring for their feet
- Assist set-up as required to enable client to undertake foot care
- Prompt client to try different ways of performing foot-hygiene tasks if they are having difficulty. They may find long-handled items or other adaptive equipment useful.
- Inform the Assessment officer if a clients is no longer able to complete basic foot hygiene tasks independently.
- Work with the client to complete the foot care checklist to identify any problems with their feet.
- Report any changes in the condition of the clients feet that may indicate a foot problem that needs to be assessed by the podiatrist

Northern Grampians Shire Council Direct Care Workers (DCWs) do not cut/file clients nails as part of their normal duties.

Foot Problems

If you or your client notices any change in the condition of their feet it is important to consider whether the client should be assessed by a podiatrist.

If there is a change, or the client reports a change in the condition of their feet complete the *Checklist for the Identification of Foot Problems* with the client.

If the answer to any of the questions is 'Yes' you must:

- Complete the details on the back of the checklist
- Complete an *Incident/Concern Form* noting that the checklist has been completed, and
- Return both forms to the office that day

Nail Care – Cutting & Filing

Clients with Healthy feet and healthy nails *do not* need to go to a podiatrist to have their nails cut/filed

If clients don't want to cut/file their toenails, they can choose to get their nails cut and filed by others including

- Beauticians
- Family members
- Friends of the client
- Podiatry Assistants & others trained in footcare
- Private podiatrist

Nail Care Support at Northern Grampians Shire Council

Northern Grampians Shire Council DCW's do not cut/file clients nails as part of their normal duties.

If the client requires assistance with cutting/filing their nails they must be assessed by a podiatrist before a DCW can provide assistance with cutting and filing, and the DCW must complete the additional training requirements.