

SECTION: NURSING SERVICES

POLICY #: 414 FOOTCARES

POLICY: Central Valley Health District nurses will provide foot care to clients who meet medical eligibility criteria. **Medical eligibility criteria includes:** *good pedal pulses; peripheral vascular sufficiency, good skin integrity, and no known infection to lower limbs.*

PROCEDURE:

Determine that client meets medical eligibility criteria at each foot care visit. At any time client does not meet foot care criteria, services will be refused and client will be referred.

1. **Initial visit:** Each foot care visit.

- Foot assessment form will be completed on all clients. In addition to areas on assessment form, nurse will including assess hair growth, skin integrity, any signs of vascular insufficiency or infection, and any other concerns.

2. **Follow up visits:**

- Review of medication
- Changes in health status
- Visual assessment of feet: including skin integrity, hair growth and vascular sufficiency.

3. **Foot Care Procedure:**

- Nurse will explain and/or review foot care procedure to client.
- Wash feet with soap and warm water, drying feet thoroughly especially between the toes.
- Feet will not be soaked.
- Wear gloves to perform foot cares; masks and eye protection are available for nurses if desired.
- Remove excessive dry skin and debris, per nurse discretion.
- Trim nails straight across and file to remove rough edges.
- Calluses will be filed as appropriate.
- Lotion feet per client request using non perfumed lotion.

4. Complete client record and appropriate documentation per policy.

5. Standing orders from the Health Officer will be used for routine foot cares and these orders will be updated yearly.



POLICY AND PROCEDURE MANUAL CENTRAL VALLEY HEALTH DISTRICT

6. Foot care equipment will be cleaned and disinfected after each use.

Procedure to disinfect equipment:

- Use brush to remove debris prior to soaking instruments.
- MetriCide28-28-DaySterilizing and Disinfecting Solution will be mixed per manufacturer instruction. The soaking solution will be checked daily prior to use for stability using the 1.8% glutaraldehyde concentration indicator as per manufacturer's directions.
- A log indicating the date of beginning use and date that solution is changed will be kept in the foot care area. Notation will be made for the soaking solution and for the stability checks. Solution containers will be marked accordingly.
- Equipment will be soaked in this solution for 90 minutes.
- Equipment will be triple rinsed in warm water and air dried.
- A silicone lubricating spray will be used as needed to avoid rusting of instruments and increase length of use.
- Foot care equipment will be autoclaved on a weekly basis per manufacturer's instructions and air dried after process is completed.