

Table of Contents

Chapter 1: Introduction	13
Exercise #1: Nursing Foot Care Knowledge and Skills	19
Exercise #2: Preparedness for Learning	20
Assignment	21
Chapter 2: Career Opportunities in Foot Care	25
Exercise: The Connections in Your Life	29
Exercise: Different Learning Styles	30
Exercise: Expenses	33
Exercise: Business Planning	43
Exercise: Step-by-Step Approach	47
Exercise: Self-Assessment	47
Assignment	49
Chapter 3: Evidence-Informed Practice	55
Assignment	62
Chapter 4: Anatomy of the Lower Leg	65
Assignment	79
Chapter 5: Foot & Nail Conditions	81
Assignment	103
Chapter 6: Infection and Prevention Control in Foot Care	109
Exercise: Best Practices for Client and Nurse Personal Safety	115
Assignment	120
Chapter 7: Foot & Ankle Conditioning, Physio & Massage Therapy	125
Exercise: Physiotherapy Self-Assessment	137
Exercise: Massage Therapy Self-Assessment	140
Assignment	141

Chapter 8: Biomechanics, Footwear & Orthotics	145
Exercise: Biomechanical Assessment	150
Exercise: Footwear Self-Assessment	155
Exercise: Orthotic Self-Assessment	162
Assignment	163
Chapter 9: Foot Care for People with Diabetes	167
Exercise: Self-Assessment	190
Assignment	191
Chapter 10: Wound Care	197
Exercise: Wound Assessment	205
Exercise: Wound Cleansing	205
Exercise: Self-Assessment	208
Assignment	209
Chapter 11: Nursing Foot Care Skills	213
Exercise: Mentorship Program	215
Exercise: Review	216
Exercise: Suppliers	216
Exercise: Instruments	217
Assignment	221
Glossary	223
Appendix 1: Screening for the High Risk Diabetic Foot -A 60 Second Tool	251
Appendix 2: Instruments	255
Appendix 3: High Risk Patient Assessment	259
Appendix 4: Mentorship Checklists	277
Appendix 5: Elements of Performance	283