Assignment Objectives

Assignment #1

1. Explore and articulate career options, competency guidelines and advancements in nursing foot care.
2. Develop a personal foot care practice learning plan.
3. Develop at an introductory level, the following competencies from CAFCN's National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

ASSUMPTIONS (page 9)
CAFCN makes the following assumptions about the practice of advanced nursing foot care:

1. Advanced foot care nurses hold current registration with the appropriate nursing regulatory body and maintain their ‘good standing’ status on that register.
2. Advanced foot care nurses provide client-focused services within their respective nursing scopes of practice.
3. Advanced foot care nurses are responsible and accountable for maintaining and improving their competence to practice.
13. Advanced foot care nurses use their nursing knowledge base to support and advance the practice of nursing foot care.
14. Advanced foot care nurses assume leadership roles in their areas of practice, in the health team, and in the advancement of nursing foot care (provincially/territorially and nationally).
15. Advanced foot care nurses work within all relevant federal, provincial and territorial

QUALITY PRACTICE Advanced (page 15)
Foot Care Nurses participate in processes to promote quality practice. They engage in reflexive practice, policy development, and implementation of evidence-informed care. They are committed to continuous quality improvement in advanced nursing foot care. Competent Advanced Foot Care Nurses:

6. maintain accurate and auditable records of advanced nursing foot care practice, hours and related continuous learning activities.
COORDINATION AND COLLABORATION (page 17)

Advanced Foot Care Nurses are conscious of the need to coordinate care for their clients through collaborative networks and relationships which promote the lower limb and holistic health of each individual client.

Competent Advanced Foot Care Nurses:

7. address potential or actual conflict between health care team members through the use of professional respect, conflict resolution approaches and techniques, and by participating in joint decision-making.

ETHICAL PRACTICE (page 19)

Advanced Foot Care Nurses are aware of the particular ethical challenges in their practice. They are committed to protecting the public and providing services in an environment of safe, competent, evidence informed clinical and business practices.

Competent Advanced Foot Care Nurses:

1. practice within, and adhere to, best practice guidelines, nursing standards, established procedures and policies for advanced nursing foot care.

Assignment #2

1. To explore and articulate your personal and professional strengths, support systems (such as mentors), key attributes of different nursing foot care environments, and a comparison of them (including private practice).

2. Begin to build a professional foot care contact database and career plan options.

3. Develop at an introductory level, the following competencies from CAFCN's National Competencies for Advanced Nursing Foot Care In Canada (March 2017):

ASSUMPTIONS (page 9)

CAFCN makes the following assumptions about the practice of advanced nursing foot care:

7. Advanced foot care nurses recognize when clients’ needs are beyond their professional scope of practice or personal level of competence and refer to the appropriate professional.

8. Advanced foot care nurses practice independently and collaboratively within the health team in a variety of settings.

14. Advanced foot care nurses assume leadership roles in their areas of practice, in the health team, and in the advancement of nursing foot care (provincially/territorially and nationally).
15. Advanced foot care nurses work within all relevant federal, provincial and territorial legislation.

**KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)**

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

THEORY Competent Advanced Foot Care Nurses:

16. have knowledge of local community resources and practitioners available to support foot care clients.

17. understand communication planning, teamwork and analytical skills required for establishing and managing a nursing foot care business, service and/or program.

18. maintain awareness of regulatory standards for nurses in self-employment/business in each jurisdiction where the business operates.

19. maintain awareness of federal, provincial, territorial and municipal legislation and requirements for operating a nursing foot care business.

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**

Competent Advanced Foot Care Nurses:

27. refer clients to supportive community resources, including but not limited to local walking clubs, service clubs, social services.

28. refer clients to appropriate health practitioners to ensure optimal care.

29. build networks of various health practitioners and resources to ensure clients’ holistic health needs are met.

30. comply with federal, provincial, territorial, and municipal laws and requirements for operating a business.

31. comply with all jurisdictional regulatory and professional standards, requirements and guidelines for operating a business.

32. establish and maintain insurance coverage for all operations and risks of the nursing foot care business.

**COORDINATION AND COLLABORATION (page 17)**

Advanced Foot Care Nurses are conscious of the need to coordinate care for their clients through collaborative networks and relationships which promote the lower limb and holistic health of each individual client.

Competent Advanced Foot Care Nurses:
1. communicate the roles and responsibilities of advanced nursing foot care to stakeholders and members of the health team.

2. research local resources available to support lower limb health for clients.

3. build relationships with other health care providers for the purpose of collaboration and coordination in the provision of lower limb health.

4. collaborate, coordinate and liaise with other health care professionals to provide comprehensive lower limb health services to clients.

ETHICAL PRACTICE (page 19)
Advanced Foot Care Nurses are aware of the particular ethical challenges in their practice. They are committed to protecting the public and providing services in an environment of safe, competent, evidence informed clinical and business practices.

Competent Advanced Foot Care Nurses:

1. practice within, and adhere to, best practice guidelines, nursing standards, established procedures and policies for advanced nursing foot care.

2. accept responsibility for maintaining respect, empathy, trust, honesty and integrity in the relationship with clients of advanced nursing foot care.

3. adhere to the ethical practice of providing beneficence and non-maleficence in the practice, the relationship, and the business of advanced nursing foot care.

4. charge clients fees that are comparable with that of other advanced foot care nurses and health care providers who have similar competencies and provide similar services.

Assignment #3

1. Explore and articulate the differences between practice documents such as standards and guidelines and learn to critically appraise foot care practice information.

2. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

ASSUMPTIONS (page 9)
CAFCN makes the following assumptions about the practice of advanced nursing foot care:
4. Advanced foot care nurses have completed an advanced nursing foot care program that supports the development of competencies for critical thinking and clinical judgment skills to provide safe, competent and ethical advanced nursing foot care.

RISK ASSESSMENT AND HEALTH PROMOTION (page 14)
Advanced Foot Care Nurses are committed to providing safe care to clients and to promoting the health of each individual client. They use their critical thinking and clinical judgment to identify potential risks and act to prevent negative health outcomes for the client. Advanced Foot Care Nurses educate clients to assist them in managing and averting risks to their lower limb health.

Competent Advanced Foot Care Nurses:
3. use current evidence informed clinical practice standards and guidelines to identify risk factors for the client with diabetes mellitus in relation to lower limb health.

QUALITY PRACTICE Advanced (page 15)
Foot Care Nurses participate in processes to promote quality practice. They engage in reflexive practice, policy development, and implementation of evidence-informed care. They are committed to continuous quality improvement in advanced nursing foot care. Competent Advanced Foot Care Nurses:
1. critically appraise their own nursing foot care practice to identify opportunities to enhance their clinical competence.
4. evaluate advanced nursing foot care practice against evidence-informed data.

Assignment #4

1. Demonstrate and articulate locations and functions of major anatomical structures of the lower leg.

2. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)
Competent Advanced Foot Care Nurses:
1. identify and address factors that impact functionality and mobility of the lower limb.
Assignment #5

1. Demonstrate and articulate the assessment, causes, prevention and treatments of common foot conditions and abnormal nails.

2. Develop at an introductory level, the following competencies from CAFCN’s *National Competencies for Advanced Nursing Foot Care in Canada (March 2017)*:

**ASSUMPTIONS (page 9)**
CAFCN makes the following assumptions about the practice of advanced nursing foot care:

9. Advanced foot care nurses have a specialized body of knowledge of lower limb and foot health care.

**KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)**
Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

THEORY Competent Advanced Foot Care Nurses:

1. have knowledge of anatomy and physiology, and pathophysiology of the lower limb.

5. have knowledge of comorbidities and their effects on circulation, nerve function and structure of the lower limb.

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**
Competent Advanced Foot Care Nurses:

1. identify and address factors that impact functionality and mobility of the lower limb.

2. provide nursing interventions for the common pathologies of the feet (e.g. corns, calluses, dystrophic nails, fungal infections, and other soft tissues pathologies).

**RISK ASSESSMENT AND HEALTH PROMOTION (page 14)**
Advanced Foot Care Nurses are committed to providing safe care to clients and to promoting the health of each individual client. They use their critical thinking and clinical judgment to identify potential risks and act to prevent negative health
outcomes for the client. Advanced Foot Care Nurses educate clients to assist them in managing and averting risks to their lower limb health.

Competent Advanced Foot Care Nurses:

4. identify risk factors for ulceration, wounds and amputation, including, but not limited to, diabetes mellitus, peripheral vascular disease, peripheral arterial disease, neuropathy, skin changes, structural abnormalities (e.g. range of motion of ankle and toe joints, callus pattern, bony deformities) skin temperature (by touch), and evidence of infection.

Assignment #6

1. Demonstrate and articulate current infection control techniques to reduce the risk of cross-contamination in foot care practices including sterilization and disinfection techniques.

2. Develop at an introductory level, the following competencies from CAFCN's National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

ASSUMPTIONS (page 9)

CAFCN makes the following assumptions about the practice of advanced nursing foot care:

6. Advanced foot care nurses adhere to infection prevention and control and reprocessing practices, guided by best practice guidelines, evidence informed literature and manufacturer’s instructions.

KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

THEORY Competent Advanced Foot Care Nurses:

9. explain the principles of infection prevention and control as they relate to foot care practice, instruments and equipment.

10. have knowledge of the safe use, care and maintenance of critical and non-critical instruments for foot care.

11. maintain currency in reprocessing medical devices, reprocessing standards and guidelines specific to foot care.
12. understand the principles of personal and public safety in relation to the management of sharps. National Competencies for Advanced Nursing Foot Care in Canada

13. describe the relevant national guidelines for single use item disposal.

14. have knowledge of the safe use, care and maintenance of ultrasonic cleaner and autoclave units.

15. identify infection prevention and control best practices.

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**

**Competent Advanced Foot Care Nurses:**

12. adhere to best practices for cleaning, disinfection and sterilization of instruments and the workplace environment.

13. utilize Personal Protective Equipment (PPE) to prevent the transmission and spread of infection.

14. maintain the sterility of instruments up to the point of use.

15. use locking, secure, biohazard sharps containers to maintain personal and public safety.

16. clean and sterilize equipment according to manufacturer’s instructions and in accordance with Canadian Standards.

17. dispose of single use instruments according to relevant (national) guidelines and manufacturer’s guidelines.

18. safely use, care for and maintain ultrasonic cleaner and autoclave units for the purpose of critical instrument cleaning and sterilization.

19. use instruments required for foot care only for the purposes for which they are designed.

20. use instruments designed specifically for use on the human body and, specifically, feet (i.e. including rotary device and accessories).

21. differentiate between nursing foot care and treatments requiring sterile and/or clean instruments.

22. use a new set of instruments - disposable or sterilized - for each client interaction.

23. utilize enzymatic transport gel/spray for soiled instruments, and clean said instruments with an enzymatic cleanser, an ultrasonic cleaner, and then autoclave.

24. store sterile instruments as per best practice guidelines, and re-sterilize if sterile pouches are compromised.
25. perform mandatory biological indicator tests, spore tests, Class 5 indicator strips as quality control measures to ensure sterilization has taken place in the autoclave.

26. adhere to their obligation to sterilize critical instruments. National Competencies for Advanced Nursing Foot Care in Canada.

Assignment #7

1. Explore and articulate at an introductory level your knowledge of foot and ankle conditioning exercises, physiotherapy’s and massage therapy benefits, types and contraindications.

2. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

**KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)**

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

**THEORY** Competent Advanced Foot Care Nurses:

16. have knowledge of local community resources and practitioners available to support foot care clients.

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**

Competent Advanced Foot Care Nurses:

1. identify and address factors that impact functionality and mobility of the lower limb.

27. refer clients to supportive community resources, including but not limited to local walking clubs, service clubs, social services.

28. refer clients to appropriate health practitioners to ensure optimal care.

29. build networks of various health practitioners and resources to ensure clients’ holistic health needs are met.
Assignment #8

1. Explore and articulate at an introductory level a normal and an abnormal gait analysis, foot wear and orthotics benefits, types, and contraindications.

2. Develop at an introductory level, the following competencies from CAFCN’s *National Competencies for Advanced Nursing Foot Care in Canada (March 2017)*:

**KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)**

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

**THEORY** Competent Advanced Foot Care Nurses:

4. understand the implications of biomechanics as it relates to mobility and health of the lower limb.

16. have knowledge of local community resources and practitioners available to support foot care clients.

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**

Competent Advanced Foot Care Nurses:

1. identify and address factors that impact functionality and mobility of the lower limb.

5. assess biomechanics, including but not limited to gait, strength, balance, footwear, assistive and off-loading devices, and physical environment.

27. refer clients to supportive community resources, including but not limited to local walking clubs, service clubs, social services.

28. refer clients to appropriate health practitioners to ensure optimal care.

29. build networks of various health practitioners and resources to ensure clients’ holistic health needs are met.
Assignment #9

1. Demonstrate and articulate your knowledge of diabetes management and best practices in the care of feet for persons with diabetes.

2. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

**KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)**

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

**THEORY** Competent Advanced Foot Care Nurses:

5. have knowledge of comorbidities and their effects on circulation, nerve function and structure of the lower limb.

6. identify psychosocial factors that impact lower limb health.

7. understand the profound effects of diabetes mellitus on lower limb health, including microvascular, macrovascular and neuropathic complications.

16. have knowledge of local community resources and practitioners available to support foot

**KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)**

Competent Advanced Foot Care Nurses:

1. identify and address factors that impact functionality and mobility of the lower limb.

27. refer clients to supportive community resources, including but not limited to local walking clubs, service clubs, social services.

28. refer clients to appropriate health practitioners to ensure optimal care.

29. build networks of various health practitioners and resources to ensure clients’ holistic health needs are met.

**RISK ASSESSMENT AND HEALTH PROMOTION (page 14)**

Advanced Foot Care Nurses are committed to providing safe care to clients and to promoting the health of each individual client. They use their critical thinking and clinical judgment to identify potential risks and act to prevent negative health
outcomes for the client. Advanced Foot Care Nurses educate clients to assist them in managing and averting risks to their lower limb health.

Competent Advanced Foot Care Nurses:

2. recognize the role determinants of health can have in the development of complications in lower limb health.

3. use current evidence informed clinical practice standards and guidelines to identify risk factors for the client with diabetes mellitus in relation to lower limb health.

4. identify risk factors for ulceration, wounds and amputation, including, but not limited to, diabetes mellitus, peripheral vascular disease, peripheral arterial disease, neuropathy, skin changes, structural abnormalities (e.g. range of motion of ankle and toe joints, callus pattern, bony deformities) skin temperature (by touch), and evidence of infection.

5. recognize the benefits of health promotion, community resources and self-care management as they relate to advanced nursing foot care.

7. utilize a validated, standardized assessment tool to assign risk stratification to clients and apply the relevant advanced nursing foot care interventions to ameliorate the risk.

Assignment #10

1. Explore and articulate at an introductory level your knowledge of wound care management, benefits, types, guidelines and contraindications.

2. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

THEORY Competent Advanced Foot Care Nurses:

7. understand the profound effects of diabetes mellitus on lower limb health, including microvascular, macrovascular and neuropathic complications.

16. have knowledge of local community resources and practitioners available to support foot care clients.
Competent Advanced Foot Care Nurses:

27. refer clients to supportive community resources, including but not limited to local walking clubs, service clubs, social services.

28. refer clients to appropriate health practitioners to ensure optimal care.

29. build networks of various health practitioners and resources to ensure clients’ holistic health needs are met.

RISK ASSESSMENT AND HEALTH PROMOTION (page 14)

Advanced Foot Care Nurses are committed to providing safe care to clients and to promoting the health of each individual client. They use their critical thinking and clinical judgment to identify potential risks and act to prevent negative health outcomes for the client. Advanced Foot Care Nurses educate clients to assist them in managing and averting risks to their lower limb health.

Competent Advanced Foot Care Nurses:

4. identify risk factors for ulceration, wounds and amputation, including, but not limited to, diabetes mellitus, peripheral vascular disease, peripheral arterial disease, neuropathy, skin changes, structural abnormalities (e.g. range of motion of ankle and toe joints, callus pattern, bony deformities) skin temperature (by touch), and evidence of infection.

Assignment #11

1. Develop at an introductory level, the following competencies from CAFCN’s National Competencies for Advanced Nursing Foot Care in Canada (March 2017):

KNOWLEDGE-BASED PRACTICE: THEORY AND APPLICATION (pages 10 & 11)

Nurses engaged in the specialty of advanced nursing foot care in Canada collaborate on, develop, promote and facilitate best practices for client-centred health. Further enhancing their nursing knowledge base, Advanced Foot Care Nurses integrate a specialized body of knowledge of lower limb and foot health into their daily practice.

THEORY Competent Advanced Foot Care Nurses:

2. have knowledge of terminology specific to advanced nursing foot care.

KNOWLEDGE-BASED PRACTICE: APPLICATION (pages 11 -13)

Competent Advanced Foot Care Nurses:

6. use terminology specific to nursing foot care in all documentation.