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Foot Health Training Guide for Long-Term Care Personnel

Arthur Helfand D.P.M.

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With practical information presented in easy-to-understand language, this training guide will improve the quality of foot care provided to older adults in long-term care settings. Frequently left undiagnosed and untreated, foot problems can result in pain, limited mobility, increased risk for falling, reduced levels of activity, and lower overall quality of life for residents. Direct care staff can play a key role in improving this area of resident care. Here, they will learn to understand common foot problems, practice preventive foot care, and recognize conditions that require further treatment. Detailed information is provided on these important topics: the structure and common problems of the foot; medical conditions that contribute to poor foot health (e.g., diabetes, peripheral vascular disease, and neurological deficits); proper assessment and examination of older adults' feet; common nail and skin problems; muscular and skeletal conditions of the foot; preventive measures to avoid frequent complications, including pressure ulcers, falls, and amputation; and, use of geriatric footwear. An educational booklet on foot care is provided for the use of long-term care residents and their families. Also included are a complete glossary of terms and a list of diagnostic codes and Medicare qualifications for common foot problems. Appropriate for nursing homes, assisted living facilities, home health agencies, and other programs that care for older adults, this resource is useful as a teaching guide for in-service staff education or as a self-teaching tool.

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