

Foot Care Policy

CM22

Date Written	
Author(s)	
Version	
Date Signed Off	
Reviewed by	

Date: []

Review Data

Initial Production

Name	Role/Department	RACI	Date

R = Responsible for writing the policy; **A** = Accountable; **C** = Consulted; **I** = Informed

Change History

Version	Date	Details of Change	Author

Emergency Contact Details

Name	Email	Mobile

CQC Fundamental Standards

Regulation Number	Regulation Details
Regulation 10: Dignity and respect	Service users must be treated with dignity and respect.
Regulation 18: Staffing	Providers must provide sufficient numbers of suitably qualified, competent, skilled and experienced staff to meet the needs of the people using the service.

Key Lines of Enquiry

KLOE	How this applies to Foot Care
Safe	Following the correct procedures in the assessment and delivery of support with foot care is necessary for the safety of both the service users.
Effective	Only trained and qualified our permitted to provide foot care, ensuring that such care is effective.

Related Documents

This policy should be read in conjunction with our:

- CM17 - Dignity and Respect Policy
- HS07 - Personal Protective Equipment Policy
- HS08 - Risk Assessment Policy



Policy Aims

Foot care is an integral part of a Service User's care and daily hygiene requirements and as such is an essential aspect of nursing practice. Foot health can be maintained with proper foot care, which includes comprehensive assessment of the feet, hygiene and nursing interventions that address problems associated with the toenails and skin. Foot care is essential for mobility, independent functioning and comfort.

This guideline is for the use care workers employed or working for Careville Ltd who are trained and confident in foot care They will have received training from a competent person before undertaking any nail care procedure.

This guideline refers to ALL adult patients (including those with diabetes/peripheral vascular disease

Table guidance below is for the use of Registered Nurses employed or working for Careville Ltd who are both competent and confident to undertake foot and nail care.

	PRINCIPLE	RATIONALE
1.	Explain the procedure to the Service User and obtain verbal consent If the Service User lacks the capacity to consent then a mental capacity test and best interest decision should be completed.	To promote dignity, reduce potential anxiety and obtain consent.
2.	Clean hands and put on an apron and non-sterile gloves.	To adhere to Careville Ltd's Infection Control Policy.
3.	Ensure the patient is positioned comfortably and nails are easily accessible.	For Service User comfort and staff safety.
4.	Give assistance as necessary to wash feet prior to cutting/filing nails.	To promote Service User hygiene, dignity and comfort.
5.	Assess nails to ensure there are no complications that would require a podiatry referral.	To ensure foot care is carried out by the appropriate healthcare professional.
6.	Place a paper towel under the patient's feet.	To collect nail clippings/filings.
7.	Filing Where possible nails should be filed using the foot dresser (file) from the basic care podiatry set to reduce the length and thickness of the nails.	To safely reduce the length and thickness of the nails.
8.	Cutting Nurses should not cut nails of patients with diabetes or peripheral vascular disease. In this case, a Chiropody referral should be made. Use nail nippers. If right handed use the left hand to hold the toe and with the left thumb add tension to the pulp of the toe pulling the pulp down away from the nail plate. Depending on the shape of the nail, start at the lateral edge and make small nail cuts across the nail plate following the curved line of the end of the toe.	To safely reduce the length of the nails.
9.	Nails should not be cut too short or down the side of the nail.	To reduce the risk of trauma and ingrowing toenails.
10.	After clipping/filing, dispose of the nail trimmings in the paper towel and dispose of in clinical waste bin. Put the equipment in the patient's own box for storing razors scissors and sharps.	To adhere to Careville Ltd's Infection Control Policy and sharps safety.
11.	Assist the patient as necessary to replace any socks, shoes or slippers and maintain a comfortable position.	To maintain patients comfort.
12.	Remove apron and gloves and dispose of as clinical waste. Clean hands.	To adhere to Careville Ltd's Infection Control Policy.
13.	Document procedure in the Service User's notes – recording which instruments (i.e. file/nippers or both) have been used.	Facilitate continuity of care and to adhere to Careville Ltd's record keeping Policy.

Care workers:

Should a care worker be responsible for washing a service user, the care plan will specify which areas the service user needs assistance with.

If feet are being washed, care should be taken to ensure feet are washed and then dried

Should a care worker notice any sores or redness, this should be recorded in the daily notes and flagged up to a line manager

Authorisation and Signature

This Policy is the authorised version agreed by the Directors of **Careville Ltd.** All employees are expected to follow this policy and failure to do so could result in disciplinary action.

Director's Signature

Director