



**SAULT  
COLLEGE**

**INSTRUCTIONAL HOURS:** 10

**RECOMMENDED PRE-REQUISITE(S):** CED1033, CED1034, CED1165

**CO-REQUISITES:** N/A

**APPROVED FOR USE IN ACADEMIC SEMESTERS:** 2010/2011

**COURSE DESCRIPTION:**

*RN or RPN, certificate of completion Advanced nursing foot care, current CNO certificate of registration, professional insurance in the amount of \$3 million liability/malpractice (obtained through your nursing association).*

A 10 hour workshop to gain practical knowledge and skills including padding and strapping theory and practice, assessing for and fitting shoes and assessing for and creating appliances to address foot problems. A \$15 extra charge per student will follow registration that will be used to cover needed supplies.

**RATIONALE:**

Opportunities for additional knowledge and the practical application of concepts and skills of advanced footcare in a simulated and actual client setting is essential preparation for the RN and RPN to function within the scope of practice as defined in the Regulated Health Professions Act.

**COURSE DELIVERY:**

The course content may be presented through a blend of instructional methods, including lecture, Internet, discussion, independent study, audio/video conferencing and videotape.

**LEARNING OBJECTIVES/OUTCOMES:**

Upon successful completion of this course, the student will be able to:

1. Demonstration of Knowledge of Biomechanics  
Potential Elements of the Performance: demonstrate knowledge of the normal biomechanics of the foot/feet
2. Demonstration of Knowledge of Abnormal Biomechanical  
Potential Elements of the Performance: demonstrate knowledge of the problems associated with abnormal biomechanical function in the foot/feet
3. Preparation of Custom Devices  
Potential Elements of the Performance: prepare a number of custom devices to give temporary relief for conditions including corns, warts, calluses, bunions, overlapping digits, inter-digital corns, metatarsal pain and inflammation
4. Prepare and Apply Devices  
Potential Elements of the Performance: prepare and apply a number of devices (paddings and strappings) to give temporary relief to conditions arising from abnormal foot/feet
5. Provide First Aid Management

- Potential Elements of the Performance: provide first aid management/care to foot injuries
6. Provide Health Teachings
- Potential Elements of the Performance: provide health teaching appropriate to the foot conditions presented

## **TOPICS**

- Anatomy and physiology of the lower leg and foot (review)
- Biomechanics of the lower leg and foot/feet
- Mechanical stresses affecting foot care function
- Indications and contraindications for the application of paddings and strappings
- Making custom made devices and using pre fab devices including interdigital wedge, tubifoam, corn pads and callus pads and wart medications
- Lab practice

## **REQUIRED COURSE MATERIAL:** (to be purchased by the learner)

Lazenby, Cindy (2008). Nursing Foot care Management Manual: Basic, Advanced & Diabetic

Hand Outs and work sheets provided by instructors

Materials and supplies as needed including Otto foam at a cost of \$15 per student and purchased from the instructor

## **STUDENT EVALUATION:**

Evaluation of learning is guided by the learning outcomes and arrived at conjointly through student/teacher interactions.

Students will:

- Demonstrate beginning skills in lab applications of paddings and strappings
- Successfully complete an in-class test
- Meet the requirement for attendance (10 hours)
- Upon completion of all the course requirements the student will receive a certificate of completion.

At the end of the course the student will receive a final report noting his/her progress in relation to the learning outcomes. Upon completion of all course requirements the student will receive a certificate of completion.

At the end of the semester, the student can access their final grade on their student portal at [my.saultcollege.ca](http://my.saultcollege.ca). The student's progress will be recorded using the following grades.

**S** - Satisfactory achievement in field /clinical placement or non-graded subject area.

**U** - Unsatisfactory achievement in field/clinical placement or non-graded subject area

**Teaching Contact**      Juanita Wood Arbus  
   Monique Lafreniere

**Academic Manager**  
**Signature**                “Laurie Poirier”

**NOTICE TO ALL STUDENTS:**                We urge you to retain this course outline for future reference. There is a charge for additional copies.