

## **Module 4.1 Footcare assessment and training modules**

Produced by The Alfred Workforce Development Team  
on behalf of DHS Public Health -  
Diabetes Prevention and Management Initiative  
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### **Content**

- Introduction to modules
- Pre reading modules
- Power point presentations and notes

## **Context**

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The following footcare training modules were developed by the workforce development team in consultation with the Central West Gippsland PCP, DPMI project.

The WD team provided advice to the DPMI project advisory group on evidence and best practice in relation to footcare assessment and clinical pathways, worked with the advisory group to develop an assessment tool and action plan that was feasible for the local area and developed supporting literature and training modules.

Contained in this section are the supporting literature, training modules and assessment forms.

## **Aim**

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- To prevent diabetic foot problems

## **Objectives**

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- To train health care providers in appropriate foot assessment and documentation of assessment for people with diabetes.
- To train health care providers to systematically identify level of risk of foot problems.
- To train health care providers to provide appropriate care and referral according to level of risk.
- To develop a diabetes foot assessment tool and clinical pathway for use across services in Central West Gippsland .
- To work with local service providers to raise awareness with health care providers in Central West Gippsland of the need for systematic assessment, documentation and management of diabetes foot problems.
- To work with local service providers to promote coordinated approach to diabetes foot assessment and clinical pathways for people with diabetic foot problems.

## **Target Audience**

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A *Train the Trainer* approach was utilised with three levels of training.

- Diabetes Educators
- Generalist Nursing Staff
- Aged Care workers, HACC workers, consumers and carers.

## **Overview of the Three Footcare Modules**

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### **Level One: Diabetes Educators**

#### **Objectives**

1. To train diabetes educators & podiatrists to deliver training for footcare levels 2&3.
2. To work with diabetes educators & podiatrists to:
  - Agree upon a common diabetes foot assessment tool and clinical pathway for use across services in Central Gippsland
  - Identify and develop strategies for raising awareness with health care providers in Central Gippsland of the need for systematic assessment, documentation and management of diabetes foot problems.
  - Identify and develop strategies to promote a coordinated approach to diabetes foot assessment and clinical pathways for people with diabetic foot problems.

#### **Process**

Review of the content of level two pre reading utilising module (*see accompanying prereading*) and Power Point presentations Footcare Module 2 and Implementing footcare assessment (*see accompanying presentation*).

Note case study notes and additional notes may be found in the notes pages of the powerpoint presentation

#### **Target Audience**

Diabetes educators and podiatrists

#### **Power point presentation**

- Footcare Level 2
- Implementing footcare assessment

#### **Timeframe**

6 hours

#### **Diabetes Educators Workshop Content**

- 1.1 Review of the content of module two pre reading:
  - Anatomy and function of the foot
  - Pathophysiology of peripheral neuropathy and peripheral vascular disease

- Signs and symptoms of foot dysfunction, trauma and infection
- 1.2 Foot Assessment (theory and practice)
- Identification of signs and symptoms of peripheral neuropathy and vascular disease
  - Identification poor foot care
  - Identification of biomedical problems
  - Categorising risk
- 1.3 Skill development in teaching footcare assessment.
- 1.4 Documentation of foot assessment
- 1.5 Care Planning
- 1.6 Review appropriate clinical pathways for people with at risk feet in Central Gippsland
- 1.7 Identification and development of strategies for raising awareness with health care providers in Central Gippsland of the need for systematic assessment, documentation and management of diabetes foot problems.
- 1.8 Identification and development of strategies to promote a coordinated approach to diabetes foot assessment and clinical pathways for people with diabetic foot problems.

## **Level Two: Generalist Nursing Staff**

### **Objectives**

To provide training to Generalist Nursing Staff to increase skills in:

- Appropriate foot assessment and documentation of assessment
- Identification of foot at high risk of ulceration or amputation
- Identification of active foot problems that require further assessment and/or treatment
- Development of foot care action/care plans consistent with assessment findings.

### **Process**

- Pre reading workbook sent to participants at least two weeks prior to workshop.
- Workshop facilitated by participants from the train the trainer workshop.
- Powerpoint footcare level 2.

## **Target Audience**

Registered nurses involved in caring for people with diabetes i.e. those involved in community, home or acute nursing, general practitioner practice nurses.

## **Timeframe**

Two hour workshop

## **Generalist Nursing Staff Workshop Content**

- 1.1 Anatomy and function of the foot
- 1.2 Pathophysiology of peripheral neuropathy and peripheral vascular disease
- 1.3 Signs and symptoms of foot dysfunction, trauma and infection
- 1.4 Difference between peripheral neuropathy and peripheral vascular disease
- 1.5 Foot Assessment
- 1.6 Identification of at risk foot and active foot problems
- 1.7 Management of foot problems
- 1.8 Care planning and referral pathways

Note case study notes and additional notes may be found in the notes pages of the powerpoint presentation

## **Level Three: Aged Care workers, HACC workers, Carers**

### **Objectives**

To provide training to Aged Care workers, HACC workers, consumers and carers to increase understanding and skills in:

- Why people with diabetes are at risk of foot problems
- How to care for the feet of people with diabetes to prevent problems
- Identifying foot problems
- Action to take for foot problems.

### **Process**

- Facilitated workshop run by individuals who have attended level one training.
- Power point presentation level three.

## **Target Audience**

Aged Care workers, HACC workers, consumers and carers

## **Timeframe**

3 hour workshop

## **Aged Care workers, HACC workers, Carers Workshop Content**

- 1.1 Overview diabetes
- 1.2 Overview of the effects of diabetes on the foot
- 1.3 Caring for the feet
- 1.4 Prevention of foot problems
- 1.5 Observing the foot
- 1.6 Identification of foot problems
- 1.7 Action to take for foot problems

## **Attachment 1: Footcare Prereading modules**

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