

U21402**Contribute to the care and maintenance of clients' feet**

Unit Descriptor:

This unit describes the competence required to maintain the feet of individuals who have been assessed as requiring help with general foot care.

The unit describes the essential abilities of:

- Communicating effectively
- Problem solving
- Operating within organisational procedures
- Meeting legal requirements

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

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| 1. Contribute to the care and maintenance of individuals' feet | <p>1.1 Apply standard precautions for infection control and other necessary health and safety measures which are appropriate to the care given, the environment and the individual.</p> <p>1.2 Encourage the individual to ask questions on how to improve their foot care and health and to provide full information on the general condition of their feet and any factors which have influenced their condition.</p> <p>1.3 Prepare the individual's feet in a manner consistent with the care to be provided and any signs of deterioration, infection or abnormality are identified and reported to the appropriate person.</p> <p>1.4 Maintain nails in a manner which is consistent with individual's plan of care, condition and safety.</p> <p>1.5 Advise the individual on how to maintain their feet and what to do should they develop pain or discomfort.</p> <p>1.6 Dispose of waste in the appropriate manner and place in accordance with health and safety guidelines.</p> |
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2. Apply dressing and medicaments to individuals' feet
 - 2.1 Inform the individual of the activities to be undertaken in a manner sensitive to their needs and at the appropriate level and pace.
 - 2.2 Apply **medicaments and dressings** according to the prescription of care appropriate to the individual's condition from those available to you.
 - 2.3 Report adverse reaction and unexpected changes in the individual's condition to the professional without delay.
 - 2.4 Dispose of **waste** materials in an appropriate manner and place in accordance with health and **safety** guidelines.
 - 2.5 Make an accurate, complete and legible record of the care given.

RANGE STATEMENT

You must cover the items below:

Element 1: Contribute to the care and maintenance of individuals' feet**A. Standard precautions:**

- (i) hand washing/cleaning before, during and after the activity
- (ii) the use of **personal protective clothing** and **additional protective equipment**
- (iii) handling **contaminated** items
- (iv) disposing of waste
- (v) safe moving and handling techniques and untoward incident procedure

B. Foot:

- (i) normal
- (ii) diabetic
- (iii) Pathological

C. Nails:

- (i) normal

D. Safety:

- (i) working to maintain the integrity of the foot/nails

E. Waste: (*Applies to Element 2 also*)

- (i) hazardous
- (ii) non-hazardous

Element 2: Apply dressing and medicaments to individuals' feet**F. Medicaments and dressings:**

- (i) non-sterile
- (ii) sterile

G. Dressings:

- (i) tube-gauze
- (ii) tube foam
- (iii) fleecy web
- (iv) insoles, preps
- (v) silicones
- (vi) hypoallergenic tape

H. Safety of the foot:

- (i) normal
- (ii) diabetic
- (iii) pathological

UNDERPINNING KNOWLEDGE AND SKILLS**Legislation and organisational policy and procedures**

1. A factual awareness of the current national legislation, national guidelines, local policies and protocols which affect your work practice in relation to maintaining the feet of individuals.
2. A working understanding of your responsibilities under the current national legislation, national guidelines, local policies and protocols within the care environment.
3. A working understanding of the importance of taking particular safety precautions.
4. A working understanding of legislation and procedures for dealing with contamination by body fluids.
5. A working knowledge of the importance of following universal standard precautions relevant to your role and any relevant protective clothing which may be worn for the individual's and your protection.
6. A working understanding of the importance of maintaining foot health.
7. A working understanding of the importance of noting and acting upon changes on foot conditions.
8. A working understanding of the importance of passing questions and situations beyond your range practice on to the Podiatrist.
9. A working understanding of the policies and guidance which clarify your range of practice and the relationship between yourself and the practitioner in terms of delegation and supervision.
10. A working understanding of the importance of monitoring the individual's condition throughout the treatments.

Theory and practice**Care and Support of the individual**

11. A working understanding of the importance of informing individuals about the nature of the procedure and dressings used in their treatment.
12. A working understanding of possible adverse reactions to medicaments and dressings and the treatment of such.

13. A working understanding of changes in foot condition caused by dressings that require referring on to the Podiatrist.
14. A working understanding of changes in foot conditions that indicate treatment is no longer required.
15. A working understanding of the importance of monitoring and reporting both social and health concerns, e.g. unsanitary living conditions.
16. A working understanding of the purpose of the treatment plan and how to follow it.
17. A working understanding of the structure of healthy skin and nail in order to recognise which is normal and abnormal.
18. A working understanding of signs of infection.
19. A factual awareness of common medical and surgical conditions and how drug therapy can affect feet and foot care requirements (such as diabetes, arthritis, peripheral vascular disease, eczema, hallux abductovalgus operations) fungal infections.

Materials and equipment

20. A working understanding of the equipment and materials used to maintain the feet of individuals.
21. A working understanding of different types of dressings and medicaments.

Procedures and techniques

22. A working understanding of how to recognise the signs and symptoms of foot and nail abnormalities and the consequences of inaction in reporting these.
23. A working understanding of methods of maintaining and improving foot health.
24. A working understanding of the use of autoclaves and alternative methods of instrument and sterilisation.

25. A working understanding of methods of foot health promotion (*such as the use of leaflets, demonstrations, posters*).
26. A working understanding of what is meant by hazardous and non-hazardous waste and the appropriate methods of disposal for both.
27. A working understanding of aseptic techniques and clean procedures for use with sterile dressings.

Records and documentation

28. A working understanding of the information that should be recorded and the importance of doing this as contemporaneously as possible.
29. A working understanding of the legalities of record keeping.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

- You must provide your assessor with evidence for ALL of the performance criteria, all of the knowledge and the parts of the range that are relevant to your job role.
- The evidence must reflect the policies and procedures of the work place and be linked to current legislation, values and the principles of best practice within the Health and Social Care sector.
- All evidence must relate to your own work practice.

(2) Methods of Assessment

The following forms of evidence are required:

- **Direct observation:** your assessor/expert witness must observe you in real work activities which provide evidence for a significant amount of the performance criteria for all elements in this unit.
- **Personal statement/professional discussion:** these will be a description of your practice in relation to foot care. This should include how you interact with individuals you are treating, how you take standard precautions in relation to infection control and other health and safety measures in relation to foot care.

Competence of performance and knowledge could also be demonstrated using a variety of evidence from the following:

- **Questioning:** to assess your underpinning knowledge, your assessor will ask questions about the legislation, policies and procedures which cannot be fully evidenced through direct observation or reflective accounts. In addition the assessor/expert witness may also ask questions to clarify aspects of your practice.
- **Products suggestions:** records you have completed for individuals detailing their need for foot care, and follow up treatment.
- **Witness testimony:** can be a confirmation or authentication of the activities described in your evidence which your assessor has not seen. This could be provided by a work colleague, chiropodist/podiatrist or service user.
- **APL/Assignment/projects:** you may have been on a course about Foot Care and have completed some assessment or a project or assignment from vocationally related qualification, you may also have evidence from other training e.g. Moving and Handling, Health and Safety, Infection Control, Personal Protective Clothing/equipment, pressure area care course, reporting, recording, and communication, which could be used to meet some of the knowledge evidence.

- Performance evidence should be demonstrated on at least three (3) occasions.

NB: Confidential records are not required to be in your portfolio, they can remain where they are normally stored and checked by your assessor and internal verifier. If they are included they must be anonymised.

(3) Context of Assessment

- Simulation is NOT allowed for any part of this unit.