Steps to Footcare

*Gloves are not necessary, unless skin integrity is impaired*

1. Soak bare feet in soothing bath treatment with warm water.
2. Use soap to wash feet, then remove soap with water.
3. Dry feet—especially in between the toes.
4. Inspect feet for cuts, blisters, redness, swelling, calluses, etc.
5. Assess pedal pulses (dorsalis pedis & posterior tibialis).
6. Assess pedal sensation using monofilament.
7. Cut nails straight across with clippers.
8. Smooth off sharp edges with emery board.
9. Gently remove calluses and dead skin with pumice stone.
10. Gently remove any debris around nails with wooden stick.
11. Apply lotion to feet, but NOT in between toes.

Additional tips:
- Talk to patient throughout process—could be an opportunity to provide education & assessment of disease process.
- Allow patient to practice using mirror to view feet.
- Caution patient to avoid standing up quickly after footcare.
- Provide clean socks & resources for shoes if needed.

UWSOM CHAP and UWSON, December 2011