

## Some of the most common foot problems in seniors are:

- Ingrown toenails
- Thickened or discolored nails
- Corn
- Calluses
- Athlete's foot
- Hammer toes
- Poor blood circulation
- Dry skin



- Perley Health Foot Care Nurse follows best practice guidelines when providing foot care.
- All equipment's/tools are thoroughly cleaned and sterilized as per Infection Prevention and Control standards.
- There is a cost for the initial assessment and subsequent foot care service. The Foot Care Nurse will review the consent and cost with you.

### Process to receive Foot Care Services at Perley Health

- The care team on your unit can place a referral to the Foot Care Nurse.
- You may also contact the Foot Care Nurse directly at 613-526-7170 ext. 2228

If you have any questions or suggestions, please email [info@perleyhealth.ca](mailto:info@perleyhealth.ca), thank you.

[PerleyHealth.ca](https://www.perleyhealth.ca)

# Foot Care for Seniors

Why foot care is important?

And what are the benefits of nursing foot care?

# Foot Care for Seniors

The health of your nails and feet change as you age. As a result, you may find it challenging to take care of your feet. Nursing Foot Care is helpful to people of all ages who are unable to provide themselves with adequate self care.

You may also have medical conditions that affect the health of your nails and feet. Feet are an important element of your body's foundation, and keeping them healthy is vital to your overall health.



## How a Foot Care Nurse can help you?

A Foot Care assessment will include the following:

- Assessment of the health of your feet and medical history
- Nails
- Sensation (feeling in your feet)
- Thick fungal nails
- Ingrown toe nails
- Corn
- Calluses
- Diabetic feet

A Foot Care Nurse can provide treatments such as:

- Trimming and filing nails (thick fungal nails)
- Reducing callus and corns non-invasively within our scope of practice
- Assess feet and nail ambulation, foot wear, skin condition and circulation

A Foot Care Nurse may provide education to clients based on their foot care needs.

Nursing Foot Care service does NOT include:

- Applying nail polish
- Pedicure
- Foot massage
- Foot soaks (Foot soaks can dry your skin and increase risk of infection. This is not recommended.)



**Regular foot care can ensure comfort and make it easier for you to move around.**

- Feet that are healthy and pain free help you to keep your balance, which may prevent falls.
- Foot related problems may result in loss of independence and well being.