

## 40488 Perform foot care procedures

<b>Kaupae   Level</b>	4
<b>Whiwhinga   Credit</b>	15
<b>Whāinga   Purpose</b>	People awarded this skill standard will be able to describe the anatomy and physiology of the foot, identify common foot, nail, and skin conditions, and provide culturally appropriate, safe, and effective foot care for individuals with a foot condition.

### Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako   Learning outcomes	Paearu aromatawai   Assessment criteria
1. Describe the anatomy and physiology of the foot, skin, and nails.	a. Outline the structures and functions of the foot, skin and nails.
	b. Explain the physiological role of the skin and nails in maintaining foot health.
	c. Describe common pathological conditions affecting the foot, skin and nails.
2. Apply culturally appropriate approaches to footcare in Aotearoa, New Zealand.	a. Explain culturally respectful practices relevant to foot care in Aotearoa, New Zealand.
	b. Demonstrate culturally responsive practice in foot care.
	c. Use effective communication techniques with patients and their whānau about footcare.
3. Conduct a foot examination.	a. Demonstrate foot hygiene and care techniques.
	b. Demonstrate foot care techniques and safety measures for foot care.
	c. Use instruments correctly for nail and foot care.
	d. Assess a foot for high risk factors.
	e. Apply simple dressings for iatrogenic wounds.
	f. Apply padding and medicaments for specific foot conditions.
	g. Assess footwear options and provide self-care guidance.

## Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

### Assessment specifications:

- All practical assessments must be supervised by a qualified podiatrist.
- Assessment of foot care instrument use must include the following: monofilaments, nail files, nail nippers, foot files.
- Competence must be demonstrated by assessing at least five patients with foot care needs.
- *High risk factors* may include assessment of conditions such as diabetes, vascular disease, rheumatoid arthritis, and kidney disease.

### Ngā momo whiwhinga | Grades available

Achieved

### Ihirangi waitohu | Indicative content

- **Anatomy and physiology of the foot and lower limb.**
- Structure and function of the foot, skin and nails.
- Age-related changes to skin and nail health.
- Overview of the blood supply to the foot.
- The nervous system in relation to sensation in the foot.
- Musculoskeletal components: bones, muscles, tendons.
- **Foot, skin and nail pathologies.**
- Foot pathologies including vascular, neurological and musculoskeletal disorders.
- Skin and nail conditions, including fungal infections, ingrown nails, and corns.
- Diabetes related foot complications and risk factors.
- **Foot hygiene and care practices.**
- Use of podiatric chairs and plinths.
- Principles of foot hygiene including cleaning and moisturising.
- Techniques for nail care, trimming and filing.
- Padding materials: types, shapes, and application for foot support and protection.
- Identification and appropriate use of medicaments for foot hygiene (emollients, astringents, antiseptics).
- **Foot examination techniques.**
- Equipment needed for foot examination including monofilaments, and visual assessment tools.
- Steps in a foot examination: inspection, palpation, checking pulses, and assessing for neuropathy.
- Identifying 'high-risk foot' indicators and documenting findings: loss of sensation, temperature, ulcers, slow wound healing, oedema, signs of infection, limited joint mobility, foot deformities.
- Assessing for footwear suitability and identifying adjustments or recommendations.
- **Cultural considerations in foot care.**
- Understanding and applying culturally appropriate practices in foot care.
- Approaches to communicate about foot care in diverse cultural contexts.
- Strategies for building trust and ensuring comfort during foot care assessments.
- **Safety and infection control.**
- Aseptic technique when performing foot care procedures.
- Safe handling and storage of foot care instruments.
- Steps to prevent and manage iatrogenic wounds during care.
- Application of simple wound dressings for treatment-related injuries.

- **Education and self-care support.**
- Assessing a person's capacity for self-care within the whānau context.
- Educating patients on routine foot care practices for ongoing foot health.
- Identifying when to refer patients to a podiatrist or other healthcare provider.

### Rauemi | Resources

- Health and Disability Commissioner. (1996). *Code of health and disability services consumers' rights*. Health and Disability Commissioner. Retrieved 21 November, 2024, from <https://www.hdc.org.nz/your-rights/about-the-code/code-of-health-and-disability-services-consumers-rights/>
- Ministry of Health. (2022, July 1). *Health and Disability Commissioner Act 1994 No 88* (as at 09 February 2021), Public Act Contents – New Zealand Legislation. www.legislation.govt.nz. Retrieved 21 November, 2024, from <https://www.legislation.govt.nz/act/public/1994/0088/latest/DLM333584.html>
- Privacy Commissioner. (2020). *Privacy Act 2020 and the Privacy Principles*. Privacy.org.nz. Retrieved 21 November, 2024, from <https://www.privacy.org.nz/privacy-act-2020/privacy-principles/>
- New Zealand Legislation. (2020, June 30). *Privacy Act 2020*. New Zealand Legislation. Retrieved 21 November, 2024, from <https://www.legislation.govt.nz/act/public/2020/0031/latest/LMS23223.html>
- *Health and Safety at Work Act 2015 No 70* (as at 23 December 2023), Public Act Contents – New Zealand Legislation. (2015). Govt.nz. Retrieved 21 November, 2024, from [https://www.legislation.govt.nz/act/public/2015/0070/latest/DLM5976660.html?search=qs\\_act%40bill%40regulation%40deemedreg\\_health+and+safety+ resel 25 h&p=1&sr=1](https://www.legislation.govt.nz/act/public/2015/0070/latest/DLM5976660.html?search=qs_act%40bill%40regulation%40deemedreg_health+and+safety+ resel 25 h&p=1&sr=1)
- *Health Practitioners Competence Assurance Act 2003 No 48* (as at 15 June 2023), Public Act Contents – New Zealand Legislation. (2023). Govt.nz. Retrieved 21 November, 2024, from [https://www.legislation.govt.nz/act/public/2003/0048/latest/DLM203312.html?search=qs\\_act%40bill%40regulation%40deemedreg\\_health+ resel 25 h&p=1&sr=1](https://www.legislation.govt.nz/act/public/2003/0048/latest/DLM203312.html?search=qs_act%40bill%40regulation%40deemedreg_health+ resel 25 h&p=1&sr=1)
- Podiatry NZ. (2022). *PodiatryNZ*. Retrieved 21 November, 2024, from <https://www.podnz.org/>

### Pārongo Whakaū Kounga | Quality assurance information

<b>Ngā rōpū whakatau-paerewa  </b> Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
<b>Whakaritenga Rārangi Paetae Aromatawai  </b> DASS classification	Community and Social Services > Health, Disability, and Aged Support > Core Health
<b>Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga  </b> CMR	0024

<b>Hātepe   Process</b>	<b>Putanga   Version</b>	<b>Rā whakaputa   Review Date</b>	<b>Rā whakamutunga mō te aromatawai   Last date for assessment</b>
<b>Rēhitatanga   Registration</b>	1	28 November 2024	N/A
<b>Kōrero whakakapinga   Replacement information</b>	N/A		
<b>Rā arotake   Planned review date</b>	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at [qualifications@toitutewaiora.nz](mailto:qualifications@toitutewaiora.nz) to suggest changes to the content of this skill standard.