

MOBILE DIABETES CENTER POLICY AND PROCEDURE

**SUBJECT: DIABETIC FOOT ASSESSMENT AND NAIL TRIMMING -
STUDENT/FACULTY/HEALTHCARE PERSONNEL**

EFFECTIVE DATE: 9/11

REVIEWED/REVISED DATE: 10/11, 9/12, 7/14, 7/15, 1/16, 1/17, 3/18

PURPOSE: To provide foot assessment and screening along with toe nail trimming in the community.

MAY BE IMPLEMENTED BY: trained healthcare personnel and students (Nursing clinical groups using the MDC: only students enrolled in NRS210 and above)

- Foot screening performed by trained healthcare personnel and students is intended to assess for early to late stages of foot problems and to make referrals to healthcare providers if needed.
- Foot screenings associated with the Mobile Diabetes Center will be done by healthcare personnel and students trained in the proper method of physical assessment and trimming toe nails.

Preparation:

1. First, pre-order towels needed through Mobile Diabetes Center Coordinator. Pick up towels in MDC closet and place in clean linen bag. Pick up extra linen bag for soiled linen.
2. Trash cans, basins, bath thermometer, clean containers, lotion and cleaning solution will be stored on MDC or in MDC closet.

PROCEDURE:

1. Put on disposable gloves.

2. Assist client to foot bath and remove footwear and socks.
3. Fill foot bath with approximately 3 inches of warm water (must be less than 105 degrees with a bath thermometer)
4. Assess feet for dry cracked skin, blisters, cuts, scratches, redness, or areas of increased warmth. Assess for absence of hair on lower legs. Observe for thickened toenails, corns, or ingrown toenails. Document findings on assessment sheet to give to client to share with physician.
 - a. If available, perform a filament test.
5. Soak feet in warm water for 5-10 minutes.
6. Using a clean towel for each client. Pat feet dry being sure to dry between toes.
 - a. Show client how to file nails with an emery board.
7. Dispose of items:
 - a. Dispose of emery board in covered trash can.
 - b. Dispose of soiled towel in covered linen container. Fold linen bag over as lid.
8. Apply half ounce of unscented lotion to each lower leg and foot using long gentle strokes. Do not put lotion between toes.
9. Assist client to put back on socks and footwear.
10. Remove disposable gloves.
11. When finished for the day:
 1. Return soiled linen to NMC dock and place in soiled linen container.

References

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