

“Taking Steps Forward: A Pilot Using Small Group Visits for Foot Care Education”



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Conversation Points

- Background
- Goals
- Literature Review
- Program Description
- Program Evaluation
- Lessons Learned
- Conclusion and Questions



Background



- Identified lack of foot care services, education and tools within the Hamilton Niagara Haldimand Brant LHIN
- Discussion at initial meeting of what we wanted to accomplish in the working group
- Divided into 2 main groups
 - ▣ Provider Group
 - ▣ Patient Group
- To address pt education gap— group visit model working group established

Provider Group



- Video link to 60 sec foot screen

link to Dr Sibbald's video :

<http://diabetespeptalk.ca/en/professional-resources>

- Inlow tool
- CDA and CAWC collaboration project

Goals



- Identify individuals early, who are living with Diabetes in our communities that are at risk
- Reducing complications of the disease to the lower limb, including possible, wound, amputation & limb loss
- Reducing the burden on the health system
- **Empowering** patients to self manage foot care
- Facilitating patients to navigate the health care system

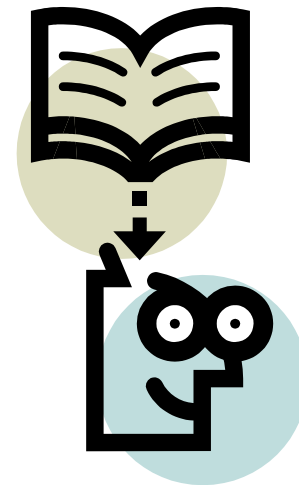
Literature Review

- Previous studies – information results in short term changes for self-related foot care behaviours
- Sun et al., 2009:
 - Improved self-examine except between toes
 - Reminders or hands-on critical to reinforce changes in practice
 - Combine provider and patient education



□ Ooi et al., 2007

- significant improvement in foot care knowledge after group education
- Smaller groups significantly better improvement than larger groups
- Pre and post knowledge test



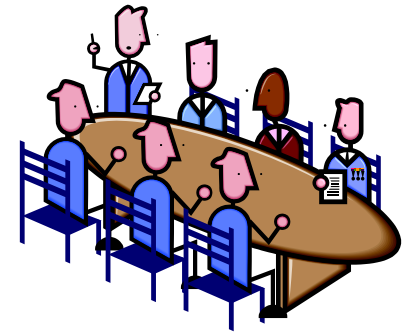
Program Description

- Group visit model
- Self care checklist
- Foot care kit



Group visit model

- Foot care conversation maps
- Group 6-7 individuals – 1 facilitator
- Recruitment
- Visual aids
- Logistics
- Environment of discussion and demonstration



Self Care Checklist

- Lay of land → lots of existing tools for education
- Designed self-assessment tool
- Tool would:
 - ▣ Be simple, easy to use, long-lasting
 - ▣ Emphasize self-management
 - ▣ Encourage family & provider support in home



My healthy feet checklist

I have healthy feet because ...

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I have looked at my feet today.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have washed my feet today.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have dried between my toes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have put lotion on the tops and bottoms of my feet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have found changes in my feet today.	__Yes __No	__Yes __No	__Yes __No	__Yes __No	__Yes __No	__Yes __No	__Yes __No



I have healthy feet

If Yes:

- I have decided to get help and called my health care provider for an appointment, or will visit an urgent care centre.

_____ date & time of appointment

If No:

- I have put on my clean, light coloured socks.
- I have checked my shoes and put them on.

Self-Assessment Kit

- Contents:
 - ▣ Education
 - ▣ Mirror
 - ▣ Soap
 - ▣ Coupons
 - ▣ Samples
 - ▣ Bandages



Program Evaluation

□ Facilitators' story



Preliminary Results

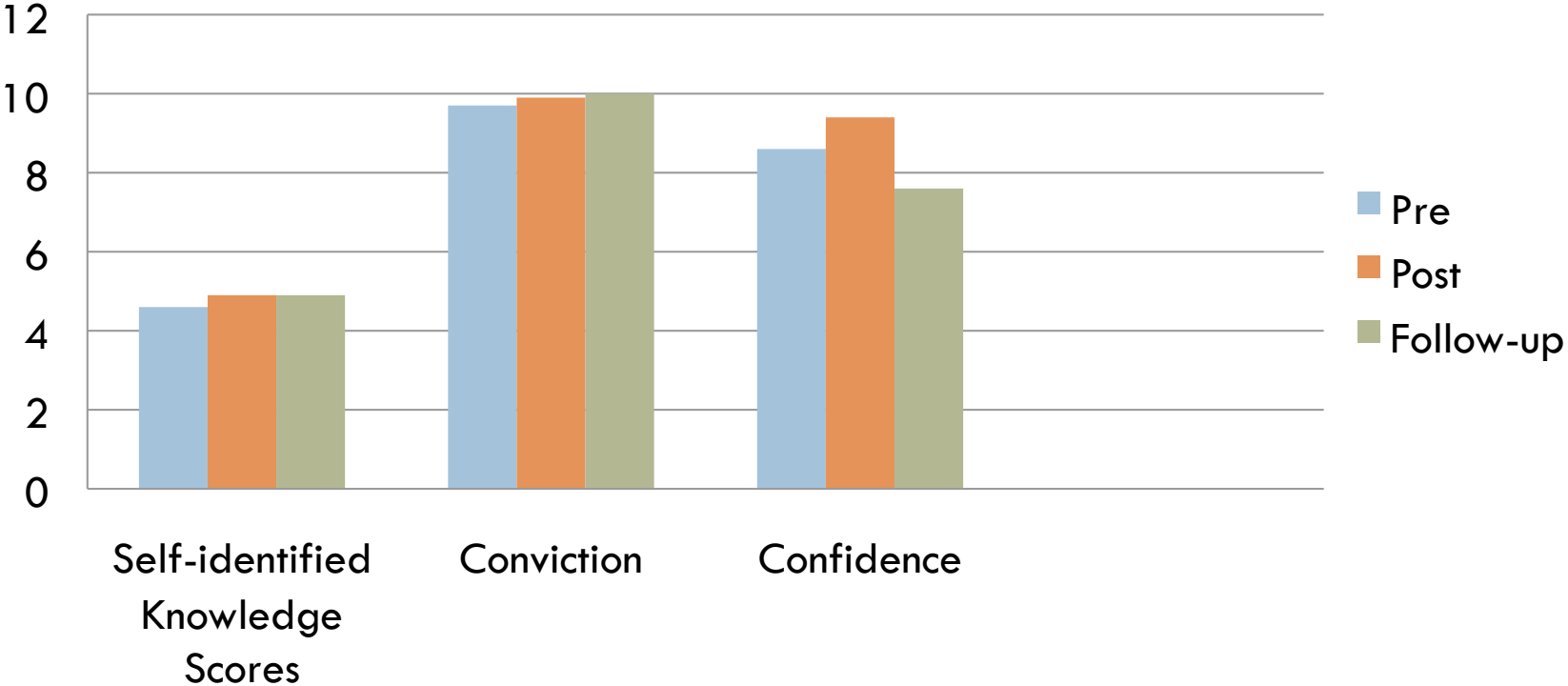
Foot Care Group Visit Conversation Map
3 sites n= 33



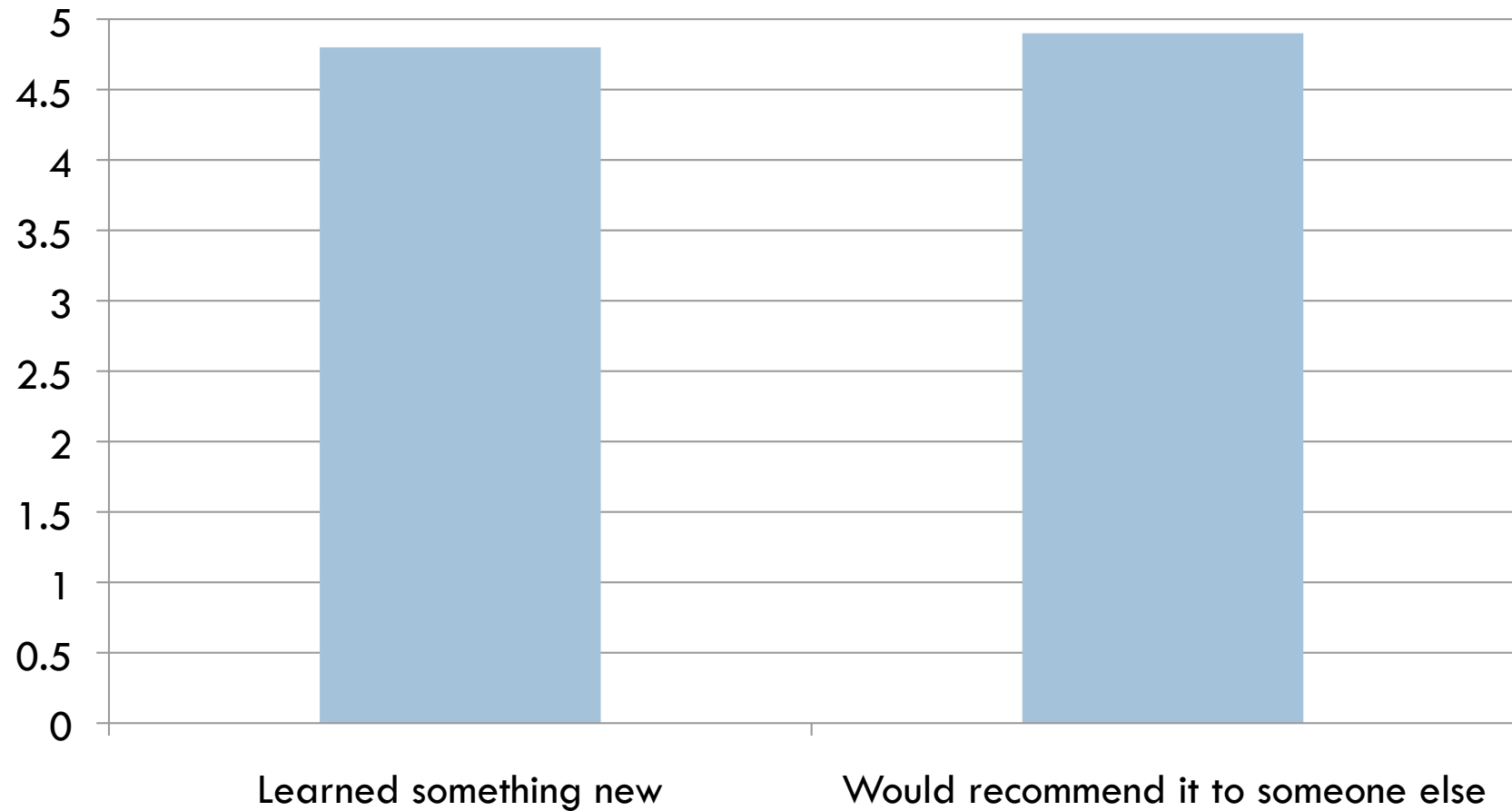
Follow-up Results



Foot Care Group Visit Conversation Map
3 sites n= 33

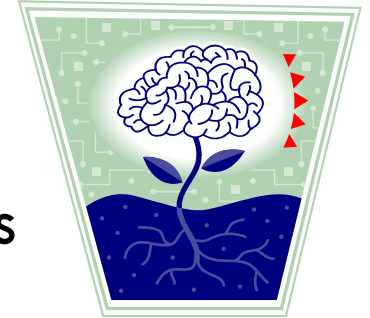


Participant Experience



Lessons Learned

- ❑ Ideal number of participants 6-7(sound familiar?)
- ❑ Hanging conversation map on the wall – or provide smaller versions
- ❑ Self foot check at the end
- ❑ Development of facilitators' guide – next steps
- ❑ Keep the patient at the center of care
- ❑ Use different colours of paper and initials for pre and post
- ❑ Test knowledge in pre....patients self-identified over – inflation of scoring – 'you don't know what you don't know'



Conclusion and Questions?



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Patient Foot Assessment Checklist

[http://www.hamiltonhealthsciences.ca/documents/Patient
%20Education/DiabetesHealthyFeetChecklistNoLam-trh.pdf](http://www.hamiltonhealthsciences.ca/documents/Patient%20Education/DiabetesHealthyFeetChecklistNoLam-trh.pdf)