Foot Care by Health Care Providers

The number of persons requiring assistance with the care of their feet is increasing with the rising number of elderly persons in the population. The Victorian Order of Nurses for Canada (VON) has estimated that between 15% and 20% of Canadians over the age of 65 who live at home require assistance with care of their feet\(^1\). Inadequate foot care, which may produce foot problems such as ulcers or infections, can result in pain and decreased mobility\(^2,3\). This may lead to a sedentary lifestyle, which has been associated with cerebrovascular disease and impaired cognition\(^4\). The results of a survey conducted by the VON following the nationwide project *Keeping Canadians on their Feet*\(^1\) revealed that 69.8% of people receiving foot care reported that it helped them to walk.*

*Source: Canada Communicable Disease Report - Supplement  INFECTION CONTROL GUIDELINES Foot Care by Health Care Providers Volume: 23S8 December 1997

Sourcing Foot care instruments and supplies (as requested)

“Stevens has a fairly good selection of foot care instruments. They also have disposable foot care kits without (http://stevens.ca/product.htm?Product=190-SM-FCK-011-786&Source=Search) and with scalpel handle (http://stevens.ca/product.htm?Product=190-SM-FCK-011-787&Source=Search); these can be re-sterilized and run around $18. Not a bad price. The nippers are large and okay for the very thick mycotic nails but I don’t think they are appropriate for the more delicate work needed for an ingrown toenail. I have purchased some specialized nippers from European Foot care Supply (www.a-foot.com). They carry a 4” nipper which I like for lesser toenails, kids and those with very sensitive feet. For a GP that does not have an autoclave, the disposable foot care kits would be a good investment. I think most GP’s have disposable scalpels (handle and blade all in one /these are used at FLUC) so the cheaper kit without the scalpel handle would be the way to go (cuts down on having to buy separate boxes of just scalpel blades). The purchasing of the more expensive instruments would not be the way to go unless they could be properly sterilized.” per Dr. Postowski, DPM.

Foot care nurses often source through these local (Victoria, BC) suppliers:

- www.pedicare.ca  Professional Foot Care Instruments and Supplies
- Diabetes Supply Store,  Victoria Medical Supply Store  dodi.forbes@diabetes.ca
  276 – 2950 Douglas St  Hours: Monday to Friday, 10 am to 5 pm