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## Welcome to Feet for Life Podortho® Nurse Advanced Foot and Lower Limb Care

This foot care textbook is intended to support continuing education for Registered Nurses, Registered Practical Nurses, and Registered Nurses Extended Class (Nurse Practitioners) who wish to obtain postgraduate studies in foot and lower limb care. Upon receiving a completion grade in this course and joining as a member of the not-for-profit organization, The Ontario Podortho® Nursing Association Inc., practitioners will be able to utilize the trademark title, Podortho® Nurse.

This textbook is a resource tool for classroom and clinical instruction prepared by Erin King, a Registered Practical Nurse and Podortho® Nurse. Erin has two decades of community and private practice experience, specializing in foot and lower limb care.

Studying and practicing Podortho® Nursing is an exciting journey. Erin King's Advanced Nursing Foot and Lower Limb Care course provides each practitioner with cutting-edge skills to deliver all-encompassing care to their patients/clients. Practitioners are taught how to address their patient/clients' initial foot and lower limb concerns and translate how those conditions affect one's general health and everyday life. Additionally, practitioners will learn concepts involving prevention strategies and education for their patients/clients, as well as advanced skills utilizing tools, technologies, and holistic treatment options.

This course provides practitioners with the knowledge and expert judgment needed to provide advanced foot and lower limb care. In doing so, they will develop the confidence to deliver optimal Podortho® Nursing care once passing this course. In addition, practitioners will expand their knowledge in anatomy, physiology, pathophysiology, microbiology, and biomechanics of the human body (specific to the lower limb within their scope of practice). They will obtain an understanding of the physical and emotional impact lower limb conditions may have on their patient/client's daily activities and overall health. Practitioners will complete this course with the information, resources, and confidence to practice foot and lower limb care independently or in an interdisciplinary setting.

Additional opportunities to further expand one's knowledge and skills are made available through clinical-based workshops supported by:

**The Ontario Podortho® Nursing Association Inc.**

<https://www.opnassociation.ca/>

These advanced skills will assist practitioners in treating conditions such as foot pain, performing biomechanical assessments to recommend and dispense orthotics, and offering adjunctive therapies such as laser therapy, nail bracing, orthotic therapy, and much more. Upon successful completion of this course, practitioners will possess a sound understanding of how to treat lower limb conditions. This includes general foot and lower limb issues and higher risk conditions such as edematous legs, arterial disease, and diabetic foot complications.

Along with the mandatory certificate programs in biomechanics and compression therapy, once the Podortho® Nurse has passed this program, they will have the opportunity to join the Ontario Podortho® Nursing Association Inc. (OPNA). OPNA is a not-for-profit organization recognized by the College of Nurses of Ontario. Members will be able to use the trademarked title Podortho® Nurse, and will have access to the OPNA online tools, workshops, and

conferences to assist with day-to-day practice, career objectives, and supporting career goals. Included in this program is a one-year complementary membership to the Ontario Podortho® Nursing Association Inc. Membership registration is available on the OPNA website.

Podortho® Nurses are held to a high standard of care consistent with the College of Nurses Best Practices guidelines. OPNA’s core competencies and values are communicated by The Ontario Podortho® Nursing Association Inc. and Resource Care Partners (RCP).

The College of Nurses of Ontario recognizes the work nurses have done to self-regulate this specialized profession and has provided a statement in the stakeholder feedback for the Model of Foot Care in Ontario to the Health Professions Regulatory Advisory Council of Ontario in 2014. It reads as follows:

“Registered nurses (RNs), registered practical nurses (RPNs) and nurse practitioners (NPs) (collectively referred to as ‘nurses’) are regulated health care professionals who provide foot care in a variety of care settings, including long-term care homes, hospitals, CCDCs, FHTs, physician offices, in the community, such as in a client’s home or through outreach clinics. Nurses assess patients, provide preventative care and educate and refer patients to other practitioners where necessary. They also provide non-invasive foot care services, such as clipping nails, paring calluses and corns, debriding morbid tissue, treating ulcers, providing wound care, monitoring conditions of the foot, prescribing and dispensing orthotics, and wrapping and bandaging the feet.”<sup>1</sup>

Podortho® Nurses are recognized for the work OPNA has accomplished with all major insurance companies for patients/clients submitting claims under their extended health benefits to receive coverage for nursing care in the field of podiatry.

Please note that medical supplies or equipment used as references in this textbook do not imply endorsement of services or products.

All nurses must verify their scope of practice with their own provincial or territorial jurisdictions and colleges to clarify the standards, guidelines, and best practices of Podortho® Nursing and/or advanced nursing foot and lower limb care.

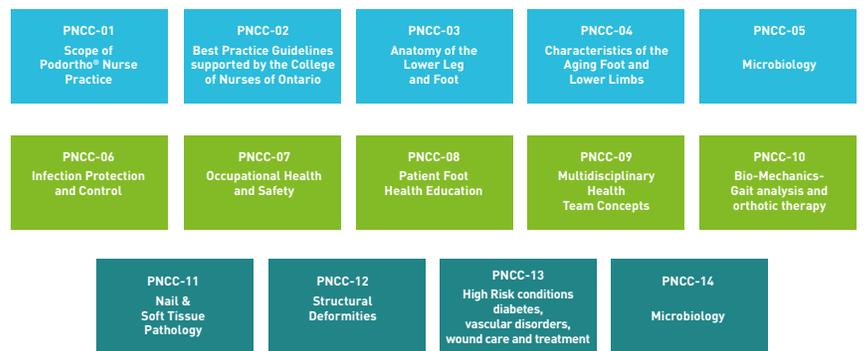
Patient/client’s values and choices are of primary consideration when planning and providing care, formulating care plans, creating nursing diagnoses, and when applying any information contained in this textbook.

OPNA notes that, upon completion of this course, it is understood that continuing education and experience is required to facilitate transfer of skills. Prior to undertaking the practice of Podortho® Nursing advanced foot and lower limb care, practitioners should always consult with other healthcare professionals when the patient/client’s needs reach beyond the practitioner’s scope of practice or ability to act independently.

*“Foot and lower limb care is artistic in its scope, practice, and cure, and plays a vital role to one’s health related to quality of life.”*

(King, E.D. 2002)

### Postgraduate Summary of Podortho® Nursing Curriculum (Evidence-Based Best Practice Standards Instilled)



1. Health Professions Regulatory Advisory Council, *Chiropractic and Podiatry: Regulation of the Profession and the Model of Foot Care in Ontario*, August 2015, 17.

Fig. 0.1. Postgraduate summary of Podortho® Nursing Curriculum. Source: Feet for Life Medical Foot Care Ltd.