

A Nurse-led Model of Foot Care for At-Risk or Homeless Veteran Populations

Public Health Nursing Webinar
August 11, 2015



Acknowledgements

- The New England Public Health Training Center
- Boston University School of Public Health
- Massachusetts Association of Public Health Nurses (MAPHN)



Accrediting Statements

- MAPHN will issue 1.2 nursing contact hours for this program in accordance with the regulations governing continuing education requirements for the Board of Registration in Nursing under Commonwealth of Massachusetts Regulations (CMR) 244 Section 5.0
- A Certificate of Attendance for this program is also available for non-nurse attendees
- These contact hours will expire 30 days following the “Live” webinar session date



How to Obtain Nursing Continuing Education Credit

1. Please visit: www.maphn.org/webinars
2. Click on the "Evaluation Forms" link which will take you to the evaluation form in Survey Monkey
3. Fill out your evaluation in Survey Monkey and at the end there will be instructions to "click here" to get your CE certificate,
4. click to open and print your certificate FIRST
5. then submit your evaluation.

Questions please email: cestep25@comcast.net



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Learning Objectives

- Describe the history of Stand Down events and the role of the Public Health Nurse
- Explain the importance of foot care to vulnerable populations
- List four elements needed for foot care provisions



Speakers

Moderator

Caroline Kinsella



Presenters

Kitty Mahoney

Amanda Stone



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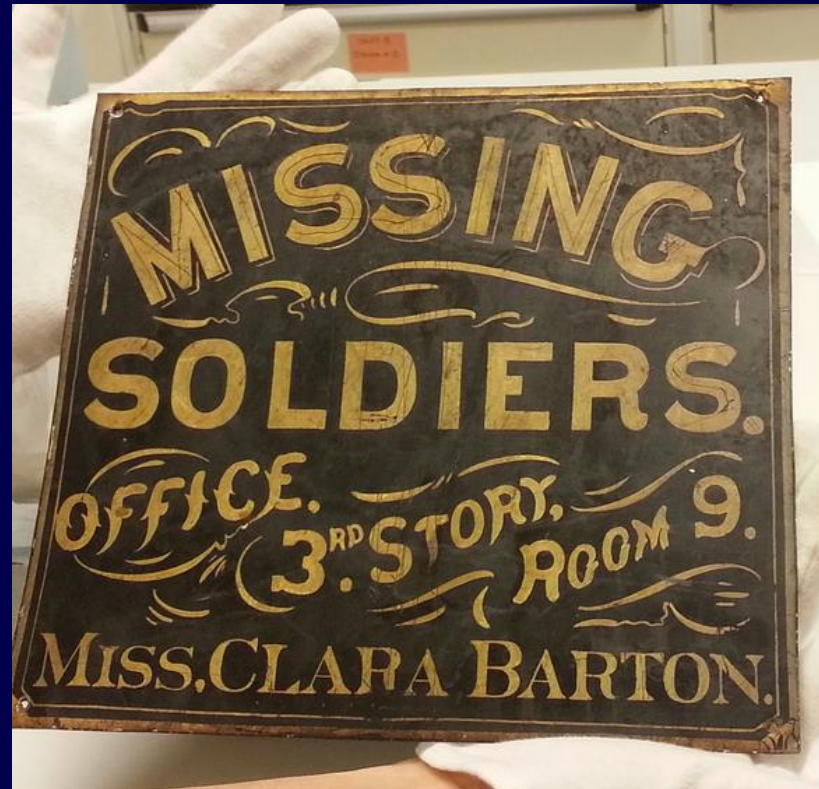
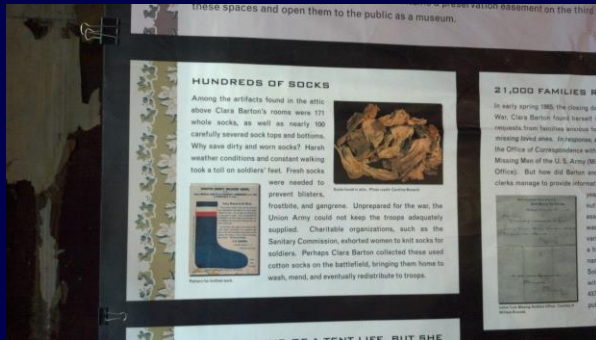
History of Stand Down

Kitty Mahoney

Massachusetts Association of Public Health Nurses

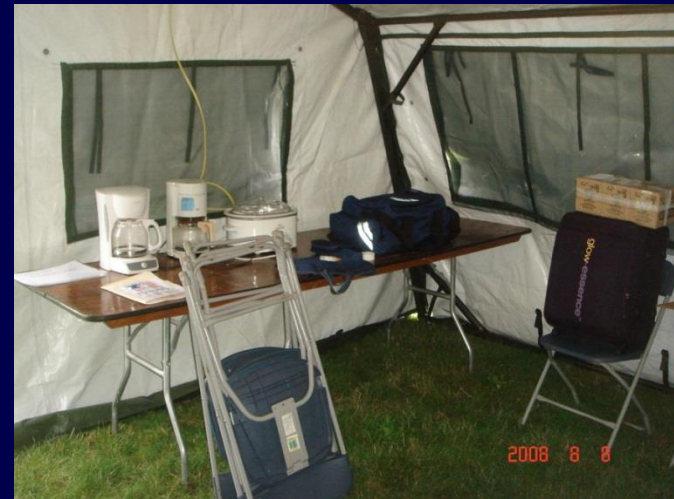


Nurses, Socks and Veterans



Operation Stand Down with MAPHN 2008

- Two nurses
- 1 tent
- Few supplies, few instruments
- Two day event



2009-2010

- MAPHN Metrowest Chapter adopted the event
- Recruited other Chapters
- Hosted sock collections
- Started personal care item collections
- Began to build partnerships with other nurses and Medical Reserve Corps volunteers.



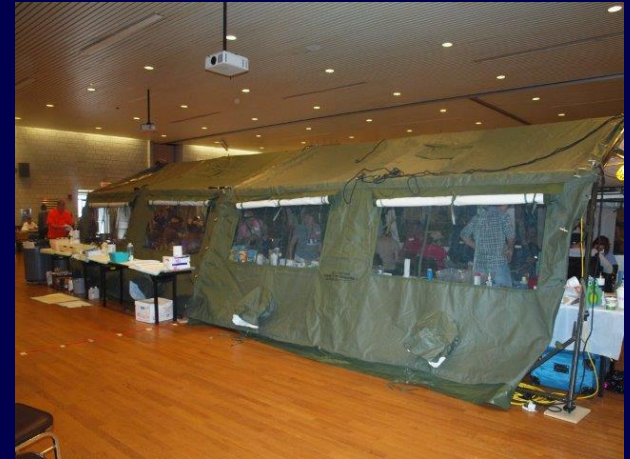
2011-2012

- Foot Care Classes
- Diabetic Screening
- Tetanus & Pneumonia Vaccinations
- Shoes/Boots
- Building Nurse Partnerships with Occupational Health Nurses
- Support from the Coalition for Local Public Health



2013-2014

- Two double tents and a floor area
- 25 Nurses
- 12 Foot Care Nurses in class
- Served 200-300 in one day.



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Supplies for Vets and Nurses



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Then and Now



2008



2014

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Who are Vulnerable?

- Homeless
- At Risk for Homeless
- Underserved / Underinsured
- Medical Morbidities
- Mental/Physical Self-Care Deficits



Limb Loss

- Neuropathy
- Trauma
- Ulceration
- Faulty Healing
- Gangrene



Amputation Prevention

- Inspection
- Proper shoes
- Calling the doctor
- Specialists



Intervention

- Routine foot self-examination
- Routine nail care
- Early clinical interventions
- Teaching / Education



Common Foot & Nail Disorders

- Hammertoes
- Athletes Foot
- **Blisters**
- Bunions
- Warts
- **Corns**
- **Calluses**
- **Ram Nails**
- Spurs
- Ingrown nail
- **Fungus**



Extreme Nail Growth



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Foot Care Example



Before



After

Elements for Foot Care Provisions

Amanda Stone

Massachusetts Association of Public Health Nurses



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Foot care is considered a nursing intervention

- that includes, but is not limited to, the following components:
 - Assessment of past medical history including Diabetes Mellitus, Peripheral Vascular Disease or Peripheral Neuropathy;
 - Assessment of circulation;
 - Assessment of skin integrity, foot and nail structure;
 - Implementation of a plan of foot care that is consistent with recognized standards of practice that includes:



Board Certification with WOCN

Effective May 1, 2015

NEW ELIGIBILITY REQUIREMENTS for Foot Care Exam

**THIS IS
ADDITIONAL
CERTIFICATION**

Initial (first-time) candidates must:

- **Have a current RN License**
- **Hold a Bachelor's Degree (or higher) - Effective January 1, 2015**
- **Complete BOTH of the following:**
 1. **Accumulate a minimum of 24 CE/CME credits (contact hours) specific to foot care.**
 2. **Accumulate a minimum of 40 clinical hours under the direct supervision of an expert in foot care**

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Attracting Volunteers & Partners



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Logistics ICS

- Mobilization
 - Getting the “stuff to the site”
 - Multiple vehicles
 - Nurses (personal) supplies
 - Provisions for nurses (food, water)
- Set Up
 - Just In Time Training (JITT)
 - Station Assignments
 - Inventory distribution
 - Volunteer management
- Demobilization
 - Breakdown
 - Provision inventory
 - Mobile Stand Down Units



Durable Medical Supplies

- Rasps
- Nippers
- Currettes
- Dopplers



Tent Provisions



Actual lighting inside the tent

volunteer holding a flashlight



One reason why nurses need headlamps and PPE



Consumable Care Supplies

Foot Care Items

- Socks
- Files
- Soap
- Lambs-wool
- Lotions
- Powders
- Cuticle Sticks
- Chux
- Gloves
- Masks
- Paper towels
- Barbicide

Comfort Care Kit Items

- Shampoo
- Deodorant
- Socks
- Shavers/Cream
- Feminine Products



Sanitation Needs



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Demobilization



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Planning Stages 2015



- Continued partnership with MAOHN
- National partnership with AAOHN
- Drives for supplies year round
- Volunteer requests ongoing
- Inventory Management
- Donations received through our website

Resource/Websites

To learn more about Foot Care and the work of
MAPHN with Stand Down

www.maphn.org

To locate a Stand Down Event near you

<http://www.va.gov/homeless/events.asp>

For Foot & Nail Care Certification with WOCN

www.wocn.org



Thank You!

“I may be compelled to face danger, but never fear it, and while our soldiers can stand and fight, I can stand and feed and nurse them.”

Clara Barton



Questions?



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Links to PHN webinar archives

- The link to the archives and the PP slides are available at the Boston University School of Public Health website <http://sites.bu.edu/masslocalinstitute/training/maphn-webinars/>
- To view the archive select the session you wish to view, click on the right facing arrow below the large black viewing box and the video will play.
- You can also access the archive link and the PP slides on the MAPHN website at <http://www.maphn.org/webinars2015>

