

# What To Expect...



## Team Care Centre Foot Care

As you begin your care with our Foot Care Nurse, an important first step is to ask yourself the following questions:

- ▶ What is my goal for treatment?
- ▶ What changes am I willing to make in my daily routine to maintain my overall foot care?

Then consider the following:

- ▶ Prioritize the symptoms and areas of improvement you wish to target, so the Nurse can develop a foot care treatment plan that best suits your needs and goals.
- ▶ Come prepared. Wear pants that can be easily rolled for access to your feet and please remove any nail polish so the Nurse is able to properly assess your feet.
- ▶ Be prepared to answer questions about your past medical history as the Nurse may ask health related questions that are related to foot care and treatment planning.
- ▶ At the end of your first appointment we will provide a clinical note to your Primary Care Provider explaining the treatment plan along with any suggestions and even additional services to help you better achieve your health goals.

## Team Care Centre Foot Care

... will be delivered by a Registered Practical Nurse (RPN) who specializes in Foot Care using best practice therapies and tools proven to achieve results when applied to your individual and specific needs.

...is time-limited with the number of sessions you will receive discussed at your initial appointment. If additional support is required at a later date, your Primary Care Provider can submit a new referral on your behalf, at least 3 months after your last session.

...is voluntary and you may end foot care services at any time.

...requires that you call at least **24 hours in advance** to cancel or reschedule an appointment. If you miss an appointment you will be contacted by phone to confirm your interest in continuing with foot care. If we do not hear from you for a period of two weeks, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again.

## Principles of Foot Care:

**Education:** Feet are our bodies foundation, so keeping our feet healthy is vital to our overall health. The RPN will spend time with you reviewing ways that you can improve and maintain healthy feet. The RPN may make recommendations in your food care routine and/or foot wear.

**Treatment Plans:** An in-depth assessment will be completed to create a treatment plan that is unique to you. Initial foot care assessments may up to 60 minutes in length with follow-up sessions being approximately 45 minutes in length. Treatment plans may consist of using topical creams, foot baths, changes in foot wear, or possible medication discussions with your Primary Care Provider.

**Consistency:** It is important to understand that some foot care issues such as fungus can take several treatments along with you consistently following the recommended care plan for up to a year before you see full results. You are going to learn and understand more about your own body, specifically your feet and how they function, as well as learn a lot of useful techniques and tools that you will be able to use for the rest of your life.

**Accountability:** During your foot care sessions you may be learning new skills, we ask that you use the suggestions made to you by the RPN and begin to build on health foot habits.

**Your Primary Care Provider will Always be Updated:** The RPN will send an initial clinical note as well as a discharge note on your care to the Primary Care Provider that referred you to this program so they are always aware of and can support your progress.

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*A program of the Windsor Family Health Team*