Foot Care Program for People with Diabetes

North Shore Chronic Diseases Services
West Vancouver Community Centre
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West Vancouver BC V7V 4Y2
Tel: 604-984-5752

Please Fax referral to:
604-297-9681

For more information call:
604-984-5752

Foot Care Program
For People with Diabetes

For more copies, go online at http://vch.eduhealth.ca or email phem@vch.ca and quote Catalogue No. FL.955.D53
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca
North Shore Chronic Diseases Services offers a community Foot Care Program with a Registered Nurse and Occupational Therapist for people with Diabetes. Referrals are accepted from all Health Care Professions.

**Goals:**
For people with diabetes:
- To assess and educate.
- To identify and prevent diabetic foot ulcers, and lower-extremity amputations.
- To provide foot care treatment.
- To provide support in maintaining healthy feet.

**First visit**
The client spends one hour with the RN, and one hour with the Occupational Therapist (O.T.) A consult report is sent to the attending Physician.

**Registered Nurse:**
**Assess**
- Circulation
- Skin condition
- Sensation levels
- Overall medical history
- Nails

**Treatment**
- Trim and file toenails
- Reduce calluses and corns
- Cream and mini foot massage

**Recommendations**
- Daily foot care plan
- Products to improve foot health

**Occupational Therapist**
**Assess**
- Foot structure / stance
- Foot wear
- Ability to care for self and feet.
- Challenges in lifestyle, environmental and physical ability.

**Recommendations**
- Techniques to make foot care easier
- Foot wear / orthotics
- Other assistive devices

**Follow Up Visits**
Program duration is typically 1–4 visits over a one year period. Clients may be followed longer for extenuating circumstances at the discretion of the team. Clients may be reviewed after 1 year or as new issues arise.

**Fees**
Fee for service.
There is a $20 fee for this service. If this fee prevents a client’s participation, please contact our office at 604-984-5752.