

Foot Care Program for People with Diabetes

Please Fax referral to:
604-297-9681

For a copy of our Referral Form,
please visit our website:

www.vch.ca/nsdec

For more information call:

604-984-5752, ext. 2

Foot Care Program
For People with Diabetes



Making better
decisions together
with patients
and families

For more copies, go online at vch.eduhealth.ca or
email pchem@vch.ca and quote Catalogue No. **FL.955.D53**
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person to whom it was given by the health care team.
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North Shore Chronic Diseases Services

West Vancouver Community Centre
#241-2121 Marine Dr
West Vancouver BC V7V 4Y2
Tel: 604-984-5752, ext. 2

North Shore Chronic Diseases Services offers a community Foot Care Program with a Registered Nurse (RN) and Occupational Therapist (OT) for people with Diabetes.

All appointments take place at:
2nd floor, Room 241
West Vancouver Community Health Centre
2121 Marine Drive, West Vancouver

Referrals are accepted from all Health Care Professions.

Goals

For people with diabetes:

- To **assess** foot health and **educate** on prevention of foot problems and on safe foot care practices
- 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 OT. A consult report is sent to the Referring and/or Primary Care Provider.

The Registered Nurse will:

Assess

- Circulation
- Skin condition
- Sensation levels
- Overall medical history
- Nails

Treat

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

Recommend

- Daily foot care plan
- Products to improve foot health

The Occupational Therapist will:

Assess

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

Recommend

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

Follow Up Visits

Program duration is typically 1 to 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

There is a \$30 fee for each appointment. If this fee prevents a client's participation in the program, please contact our office at 604-984-5752, ext. 2.