

Assessment of competency: Foot Wounds

This competency is directed to those professionals working in Adult Social Care that require a general knowledge and understanding of foot wounds and the skills that support the provision of that care (Tier 1, NWCSP)

Trainee's name.....

Initials.....

Signature.....

Assessor's name.....

Initials.....

Signature.....

General principles	Trainee Initials/ Date	Assessor Initials/Date	Comments
Adheres to local protocols, policies and guidelines relating to foot care and foot wound care and treatment.			
Demonstrates the application of knowledge and skills within the scope of their practice.			
Promotes foot self-care when appropriate and encourages service users to tell the care staff when they notice any changes.			
Performs regular foot checks on those service users that are unable to look after their own feet and daily foot checks on those who are diabetic .			
Supports service users with a good footcare routine that includes: <ul style="list-style-type: none"> - Inspecting the whole foot - Keeping the feet clean and dry especially in between the toes - Keeping the skin well hydrated using emollients - Wearing suitable socks and shoes 			
Refers to the podiatrist if the person is unable to cut their own toenails or if there are any problems with the length or shape of the nails.			

Supports the service user with diabetes attend their health checks (at least once a year)			
Obtains informed consent from a person or from their representative before carrying out an assessment or intervention.			
Works in partnership with relatives, health and social care professionals and others who are significant to the person.			
Understands and documents the history, preferences, wishes and needs of the person related to foot care and wound care and maintains the records up to date.			
Ensures that the privacy and dignity of the individual is maintained at all times in line with the person's individual needs and preferences.			
Maintains confidentiality of information.			
Understands the importance of good hand hygiene and Personal Protective Equipment when supporting someone with a foot ulcer to prevent the spread of infection.			
Demonstrates effective hand hygiene.			

Communicates clearly and coherently taking into account the needs of individuals and checking that the person understands what has been explained.			
Identifies any communication barriers with the individuals and takes the appropriate action.			
Actively listens to any questions and concerns raised.			
Assessment	Trainee Initials/ Date	Assessor Initials/Date	Comments
Performs and documents foot assessments that include: <ul style="list-style-type: none"> - The temperature of the feet (warm or cold) and check that both feet feel the same. - Skin condition and see if there are any thick, hard areas of skin (calluses), blisters or scabs or any changes in shape and colour. - Skin condition (dry, flaky, etc.) between the toes. - Nail condition making sure the nails aren't too long or digging into the skin. 			
Accurately assesses and documents the location, duration, colour, exudate and other relevant foot wound parameters.			
Seeks consent before taking a wound picture.			
Uses only the company's approved equipment to take wound pictures.			

Applies the principles for taking digital wound pictures (adequate light, focus, neutral background, etc.)			
Wound Care	Trainee Initials/ Date	Assessor Initials/Date	Comments
Escalates to the care home nurse/ GP/ district nurse any new foot wounds or sores for a review within 24 hours.			
<p>Recognises and escalates to the appropriate clinician (care home nurse, GP, District Nurse, 111, 999) the signs of foot wound deterioration:</p> <ul style="list-style-type: none"> - Infection (Increased redness, swelling, pain, exudate unusual or increased discharge, heat, bad smell) - Sepsis (confusion, high or low temperature, changes to the skin, low blood pressure, high heart rate, etc) - Cellulitis - Deep Vein Thrombosis (throbbing pain in 1 leg, swelling in 1 leg, warm skin around the painful area, red or dark skin around the painful area, swollen veins that are hard or sore to touch) 			
Applies and changes a foot wound dressing under supervision or if trained to do so by a health care professional (only if applicable)			
Recognises the signs when an individual is in pain or discomfort and takes appropriate action (repositioning,			

administration of pain killers (where prescribed), escalation, etc.)			
Understands the importance of good hydration and nutrition in wound healing.			
Understands the importance of encouraging the person to mobilise within their capabilities to promote general good health and promote wound healing unless advised otherwise by a health care professional.			
Supports the person to follow the recommendations made by the health care professional.			
Is aware that reassessment of the foot wound should take place at least every 4 weeks or sooner if there is deterioration and supports the service user to attend these appointments.			

References:

The Care Certificate Standards- Skills for Care and Health Education England

Lower Limb Recommendations for Clinical Care- National Wound Care Strategy Programme

Wound Care Workforce Framework 2023- National Wound Care Strategy, Skills for Health, NHS

Wound Care Education for the Health and Care Workforce- E-learning for healthcare- ELFH, NHS England

DVT (deep vein thrombosis) NHS Conditions: [DVT \(deep vein thrombosis\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/deep-vein-thrombosis/)

How to look after your feet (video) , Diabetes UK: [How to look after your feet | Diabetes UK](https://www.diabetes.org.uk/looking-after-your-feet)

Diabetes and looking after your feet (leaflet) Diabetes UK: [Diabetes and looking after your feet for web 6ec78309-b1c1-471e-be15-99184b252dcb.pdf \(shopify.com\)](https://www.diabetes.org.uk/looking-after-your-feet)

Diabetic foot problems NICE guidelines: [Recommendations | Diabetic foot problems: prevention and management | Guidance | NICE](https://www.nice.org.uk/guidance/ng110)