



## *Arizona State Board of Nursing*

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An advisory opinion adopted by AZBN is an interpretation of what the law requires. While an advisory opinion is not law, it is more than a recommendation. In other words, an advisory opinion is an official opinion of AZBN regarding the practice of nursing as it relates to the functions of nursing. Facility policies may restrict practice further in their setting and/or require additional expectations related to competency, validation, training, and supervision to assure the safety of their patient population and or decrease risk.

**OPINION: FOOT CARE**  
**APPROVED DATE: 7/12**  
**REVISED DATE: 7/15, 1/19, 5/23,**  
**ORIGINATING COMMITTEE:**  
**SCOPE OF PRACTICE COMMITTEE**

Within the Scope of Practice of  RN  LPN  APRN

### ADVISORY OPINION FOOT CARE

It is within the scope of practice for a Registered Nurse (RN) to perform foot care on patients with high risk for significant complications based on patient assessment and level of nursing certification as delineated below.

It is within the scope of practice for a Licensed Practical Nurse (LPN) to contribute to the initial assessment of the feet through the gathering and recording of assessment data and to perform Level 1 Basic Foot Care in collaboration with the RN or Licensed Practitioner (LP) if the following requirements are met:

#### I. GENERAL REQUIREMENTS

	<b>Level 1 Basic Foot Care</b>	<b>Level 2 Intermediate Foot Care</b>	<b>Level 3 Advanced Foot Care</b>
Required Training & Certifications	All RN's and LPN's may perform Level 1 Basic Foot Care, in accordance with facility policy	Only RNs and LPNs with nationally accredited training and documented competency may perform Level 2 Intermediate Foot Care	Advanced practice RN (APRN) with demonstrated competency in foot care may perform Level 3 Advanced Foot Care.
Patient Selection	Patients with a history of disease processes that are at high risk for foot complications, such as Diabetes Mellitus (DM), Peripheral Vascular Disease ( PVD), musculoskeletal disorders, venous insufficiency, are <b>not</b> appropriate for Level 1 Basic Foot Care.	Patients with a history of disease processes that are at high risk for foot complications, such as Diabetes Mellitus (DM), Peripheral Vascular Disease (PVD), musculoskeletal disorders, venous insufficiency, are appropriate	Patients with a history of disease processes that are at high risk for foot complications, such as Diabetes Mellitus (DM), Peripheral Vascular Disease ( PVD), musculoskeletal disorders, venous

		for Level 2 Intermediate Foot Care under the direction of an LP.	insufficiency, or foot complications are appropriate for Level 3 Advanced Foot Care
Specific Requirements	<ul style="list-style-type: none"> <li>a. Documentation specific to performed intervention including but not limited to wound description/measurement, education, and referral</li> <li>b. Adherence to employer's policy and procedures</li> </ul>	<ul style="list-style-type: none"> <li>a. Prescription by a LIP</li> <li>b. Consent obtained per facility policy</li> <li>c. Adherence to employers' policy and procedures</li> <li>d. Documentation specific to intervention including assessment, wound description/measurement, plan of care, and evaluation per scope of practice</li> <li>e. Referral of patients to additional specialty care (Podiatrist/ LIP) as patient's condition warrants</li> </ul>	<ul style="list-style-type: none"> <li>a. Prescription by a LIP</li> <li>b. Consent obtained per facility policy</li> <li>c. Adherence to employers' policy and procedures</li> <li>d. Documentation for interventions to include assessment, evaluation, treatment and care</li> <li>e. Referral of patients to additional specialty care (Podiatrist/ LIP) as patient's condition warrants</li> </ul>
Nursing Care	<p>Evaluation of:</p> <ul style="list-style-type: none"> <li>b. Identification of at-risk individuals based on evaluation of past medical history including (DM), PVD), peripheral neuropathy, and other disease processes</li> <li>c. Skin integrity, circulation, edema</li> <li>d. Foot and nail structure, disorders, deformities, and significant calluses</li> </ul> <p>Basic care includes:</p> <ul style="list-style-type: none"> <li>e. Filing and trimming nails (straight across and not too short) for patients that have:</li> <li>f. Toenails of normal thickness</li> <li>g. Normal sensation of feet</li> <li>h. Palpable dorsalis pedis pulses</li> <li>i. Interventions to promote skin integrity and prevent ulcerations such as applying prescribed topical products (not between toes) to patients with intact skin</li> <li>j. Foot screening and performance of Monofilament or vibration test to check for loss of sensation</li> <li>k. Referral to an appropriate LP for additional assessment and care when needed</li> <li>l. Documentation specific to intervention including wound description/ measurement, plan of care, and evaluation.</li> <li>m. application of unna boots with annual documented competency of correct procedure filed with employer</li> <li>n. Obtain wound cultures and perform treatment and management of minor infections with ordered by an LP</li> <li>o. Educating the patient in diabetic</li> </ul>	<ul style="list-style-type: none"> <li>a. Complex wound care prescribed by LP</li> <li>b Use of an electric nail file, clipping and thinning of unusually long or thick toenails for patients with high risk for complications</li> <li>c. Debridement (manual, mechanical, and chemical)</li> <li>d. Paring of small, non-painful corns and calluses that may require the use of a curette, nail nippers, grinders with a sanding disc or drum, and a paring device</li> <li>e. Modification of preventive footwear as prescribed by LP.</li> </ul>	<ul style="list-style-type: none"> <li>a. An APRN with prescriptive authority may prescribe medications such as antifungal agents and/or antibiotics to treat infections</li> <li>b. Excise an ingrown toenail</li> <li>c. Order corrective footwear devices into the plan of care</li> <li>d. Advanced wound care management</li> <li>e. Packing or partial excision of nail plate to treat an ingrown toenail</li> <li>f. Paring of painful or complicated callus or corn</li> </ul>

	<p>foot care to include the following:</p> <ol style="list-style-type: none"> <li>1. Awareness of personal risk factors</li> <li>2. Importance of at least an annual foot inspection by a health care professional</li> <li>3. Daily self-inspection of feet</li> <li>4. Skin and nail care according to the American Diabetes Association</li> <li>5. Injury prevention including routine wearing of appropriate footwear</li> <li>6. When to seek help or specialized Referral</li> <li>7. Facilitation of support groups for patients at risk for foot issues, in particular the patient with diabetes mellitus</li> <li>8. Modification of educational care plan to meet unique, specific needs of individual patients.</li> </ol>		
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**II. COURSE OF INSTRUCTION for Level 2 and 3 to include, but not limited to:**

- A. Common foot pathology
  1. Anatomy, physiology, and comprehensive assessment of the foot and lower extremities.
  2. Structure and function of the foot and nail
  3. Changes in the foot due to age and chronic diseases
  4. Prediction and prevention of diabetic foot wounds and complications
  5. Pathogenesis/Epidemiology of diabetic foot complications and the impact of these complications
  6. Classification of overall foot risk and appropriate referral/clinic management
  7. Nerve damage and foot pain in persons with diabetes & other chronic conditions
- B. Instruction/knowledge regarding interventions, treatment and management including
  1. Diabetic foot infections
  2. Chronic and complex wounds
  3. Debridement (manual, mechanical, and chemical)
  4. Nail disease, fungal infections, and ingrown toenails
  5. Instruments used in foot care such as curet, nail nippers, grinders with a sanding disc or drum, paring device, and electric nail file.
  6. Sterilization of instruments and infection control procedures
  7. Advanced wound care devices, dressings
  8. Orthotics and other footwear.
  9. Pharmacological and non-pharmacological management options
  10. Packing or partial excision of nail plate to treat an ingrown toenail

**III. RATIONALE**

Foot ulcerations can result in significant morbidity and are the most common reason for amputation in the diabetic patient. Patients at high risk for complications but are not limited to the following: DM, PVD, peripheral neuropathy, age related changes, musculoskeletal disorders, venous insufficiency, and other diagnoses with potential to negatively impact wound healing. The RN is pivotal in assisting at-risk patients to avoid foot complications that can lead to amputation. Foot conditions are associated with significant costs and complications, especially when the care provided is inappropriate, incomplete, or sporadic. Specialized foot care is an evolving field that requires higher standards than basic nursing curriculum.

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