



A Step in the Right Direction





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Healthy Feet



- Are strong and flexible
- Support the weight of the whole body
- Have bones and joints that help to absorb the pressure from the body weight
- Have skin and fat acting as a first barrier to prevent infection



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- Foot care is an essential service that most people don't think about until they're in a lot of pain and discomfort
- Foot problems are common among seniors, and are associated with compromised/impaired balance and performance on functional tests (Menz & Lord, 2001)
- Older adults with a history of falls have correlated foot-related issues
- Significant research-based evidence that suggest “foot problems are a falls risk factor” (Menz & Lord, 2001)



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- **Older Adults** – Healthy feet contribute to your health and safety
- **Diabetics** - require special medical attention to their feet due to decreased sensation/callouses & dry skin
- **Existing Conditions** - bunions, callouses, ingrown toenails & fungal infections



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Older Adults and Foot Health

- 4 out of 5 seniors will develop foot problems
- Foot problems can:
 - Lead to decrease in mobility
 - Increase your risk of falls
- Some health conditions may present a challenge when performing foot hygiene practices:
 - Shortness of breath or dizziness while bending over
 - Inability to reach feet due to muscle weakness, pain, or arthritis
 - Vision Loss
 - Dexterity of hands due to arthritis/other ailments
 - Diabetics - foot related complications can become life threatening



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Age-Related Health Challenges Can Affect Feet

- Circulation to the lower extremities decreases with age
- A combination of decreased circulation along with diminished sensation can lead to breakdown of the skin and infection
- Prolonged immobilization due to impending surgery, surgery or accident



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Diabetics

- According to Diabetes Canada, diabetes is a chronic condition that, if poorly managed, could lead to neuropathy (nerve damage) in the extremities like hands and feet (Diabetes Canada, 2017)
- Diabetics with neuropathy may not feel when a shoe is too tight or rubbing, which can lead to a wound
- Diabetics with neuropathy may not realize they have been injured after stepping on sharp object
- An untreated wound can lead to amputation of the limb



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ACTIVITY!

If you feel comfortable doing so, stand up!
Try walking around the room on your heels



Try walking around the room on the balls of your feet





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Why Preventive Foot Health is Important

- *Regular Physical Activity*
 - Recommendations for all adults (including 65 years and older) is 150 minutes of moderate-intensity aerobic activity (i.e. walking, biking)
 - Poor foot health may prevent older adults from engaging in regular physical activity
 - This can result in reduction of muscle mass & strength, endurance
 - Higher risk of diseases related to a sedentary lifestyle (i.e. diabetes, heart disease, cognitive decline)



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Why Preventive Foot Health is Important

- *Quality of Life*
 - Correlated with your ability to maintain independence for activities of daily living
 - Walking, shopping, visiting friends and family, working
 - Modifying your gait when attempting to avoid a painful bunion, for example, will compromise your posture and balance, making you more vulnerable to falling (Thompson, R. 2016)



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Prevention is the Best Medicine!

- Wear well fitting shoes
- Buy your shoes late in the day when feet may be swollen
- Elevate your feet while sitting
- Wear socks at night if your feet get cold
- Wiggle your toes and move your ankles a few times a day to improve circulation to your feet and legs
- Exercise regularly
- Massage feet (with hands, using tennis ball)
- Inspect your feet daily
- Have professional (i.e. foot care nurse) care/treat your feet regularly



Foot Care Services

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Features



Cleaning & Hygiene

Treatments such as nail cleaning, clipping, and filing; treating calluses and corns; packing ingrown nails, and padding/strapping the foot to promote comfort.



Thorough Assessment

Complete assessment and screening for current and potential foot, skin, and circulatory issues.



Preventative Treatment

Recommendations for preventive measures that will have a positive impact on foot health.



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What can an *elizz* Foot Care nurse do?

- Trained in Basic, Advanced and Diabetic foot care
- Ongoing foot care and inspections
- Nail trimming
- Filing
- Care of corns, calluses and other foot conditions
- Health & Diabetic teaching
- Referrals to health care team for ongoing treatment



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- Canadian Centre for Activity & Aging (CCAA) & St. Elizabeth Home Health Care have partnered to offer their members regular foot care clinics at the centre
- The purpose is to maintain CCAA member's foot health with the focus on maintaining independence, reducing fall risk, and ensuring ongoing regular physical activity

Interested in starting a foot care clinic or receiving foot care in your home?

Please speak to us after the presentation!

Our *Community Relations Manager*, Heather Butler, is here to answer your questions!



Contact Information



Call us at
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Drop us a Line

Name:

E-mail:

Comments:

Chat Live



Have a question?
Chat live with a member of our
care solutions team
Monday to Friday, 9am to 5pm!



References/Citations

- Diabetes Canada (2017)
- Menz, H. & Lord, S. (2001). The contribution of foot problems to mobility impairment and falls in community-swelling older people. *Journal of the American Geriatrics Society*. 49 (12).
- Thompson, R. (2016). Why preventative foot health is important. *Foot Care Essentials: IPFH*.