

Worksheet 7: Final Exam Preparation

Please note that this worksheet is NOT a guideline for the final exam. All information provided throughout the course is open to be included on the exam. This preparation exercise is one of the many tools our students can utilize to study, however, other means of review are still recommended. No rubric will be provided for this worksheet.

DEFINITIONS:

- Advanced Foot Care Nurse:
- Dorsal:
- Medial:
- Distal:
- Hallux:
- Gait:
- Peripheral Vascular Disease:
- Subjective data:
- Orthopedist:
- Reflexologist:

FILL IN THE BLANK:

-Certain disease processes and disorders are known to affect the feet including _____(1) and _____(2). "1" is at high risk for developing nail and foot conditions as a result of _____, _____, and _____. As a result of lack of sensation, these clients should put a _____ on the floor of their bathroom. When informed that a client has "2", the nurse should _____ provided care.

-As individuals age, so do their feet. Five common changes in their body (_____, _____, _____, _____, and _____) will often lead to further complications in their feet. In the space provided below, describe how these changes directly affect the feet.

- 1.
- 2.
- 3.
- 4.
- 5.

TRUE OR FALSE:

- | | |
|---|-------|
| 1. Fungal nails are often thick in nature | T / F |
| 2. Onychauxis nails are difficult to trim | T / F |
| 3. All callusing should be removed during a treatment | T / F |
| 4. Vertical Ridges are not a normal component of aging | T / F |
| 5. Nail atrophy can result from underlying diseases | T / F |
| 6. The #1 cause of Tinea Pedis in communal pools | T / F |
| 7. Smoking can lead to psoriasis | T / F |
| 8. There are 4 types of melanoma to the nail | T / F |
| 9. Cotton balls are a great means to prevent ingrowns | T / F |
| 10. You should never use antiperspirant on the feet | T / F |
| 11. Corns are to be removed with a curette | T / F |
| 12. Onychogryphosis commonly occurs due to neglect | T / F |
| 13. Melanonychia is an infection to the hallux nail | T / F |
| 14. Morton's toe is not treatable | T / F |
| 15. As a foot care nurse, we can treat clients with PVD | T / F |

QUESTION AND ANSWER:

1. When charting, identify the four categories commonly used and determine what information should be included in each section.
2. What steps are required during the sterilization process? Keep in mind different cleaning products, pouches, indicators, forms, etc.
3. Define the scope of practice for an advanced foot care nurse?
4. Which therapies are complementary to our practice?

5. What reliable resources can we refer to as foot care nurses?

CASE SCENARIO: John Doe (Jane's husband) is here for his first appointment, as a result of encouragement from his wife. John is 69 years of age, has type 2 diabetes, worked in construction prior to retirement, smoked a pack a day for 20 years, and takes multiple medications. During the assessment portion of the appointment, you make note to his hammer toes (bilateral 2nd and 3rd digits), all nails are thick & fungal like, his right hallux toe is inflamed/red/painful to touch, and a soft corn is identified between his left 2nd and 3rd toes. John shows signs of concern regarding the cleanliness of your tools, as he had a bad experience at a different facility. Prior to care, you reassure him all equipment is sterilized. Once the treatment has come to an end, John is satisfied his feet were properly cared to. He looks forward to his next appointment in six weeks.

1. Pretend you are J.D. Fill out an admissions form (make up information that is not available in the case scenario summary).
2. What risk factors can you identify that may lead to further complications for John's feet?
3. The client hears you mention his hammer toes. Describe to him what this condition entails and provide some treatment options. What most likely caused this condition?

4. All of J.D's nails are thick and fungal like. Are there any other potential signs & symptoms that may present themselves? What treatment options can you practice during the appointment? What options can the client practice in his day to day life?

5. You are concerned John's right hallux is infected under the nail. What steps do you take next?

6. During the appointment, you reassured your client that the equipment is clean and sterile. Describe what information you shared in regards to the cleaning/sterilization process.

7. Complete the chart provided below.

Subjective	
Objective	
Assessment	
Plan	

CLEANING/STERILIZATION PROCESS: Using the “Unit 6: Cleaning & Sterilization” PowerPoint, develop a tool (i.e. diagram, number list, checklist) to outline the cleaning and sterilization process. Bring your notes with you during your clinical/practical portion of the course. Review the information you have collected with your teacher and update it as you continue to learn.