

Foot Care Nurse Clinical Course Outline

Newfoundland

General Course Information

Course Description

Total Hours: 36 hours/4 days (onsite)

Minimum patients: 12

The Foot Care Nurse Clinical course is designed for nurses (RN's, NP's, RPN's & LPN's) who have successfully completed the online Foot Care Nurse Theory course. The course uses the Canadian Association of Foot Care Nurses' National Competencies for Advanced Nursing Foot Care in Canada (2017) as Clinical Performance Standards and teaches a comprehensive, advanced and diabetic nursing foot care curriculum, which follows current best practice guidelines and evidence-based practice.

This course provides in-person clinical foot care nurse skills development and mentorship. Together, both the Theory and Clinical courses are designed to prepare participants to function as a foot care nurse within a health care team.

Foot Canada Training Clinical Course Curriculum – The Foot Care Nurse Clinical course was developed by Foot Canada Training and is administered by foot care nurse educators, health agencies, colleges and universities who have a license to access and use Foot Canada Training's curriculum.

Prerequisites

Foot Care Nurse Theory - online (120hrs)

Applicants are recommended to start the FCN Clinical course within 12 months of achieving a passing grade from the Foot Care Nurse Theory course.

Non-restricted Nursing Registration/License

Applicants hold a current non-restricted Nursing Registration/License (temporary or full) from the territory or province in which they will be taking the course. If the license contains conditions, the student's application will be reviewed to confirm that the conditions will be met by the course delivery.

Safety

It is expected that nurses participating in this course will:

- follow all applicable legislation;
- use only the skills authorized within their scope of practice;
- demonstrate the entry-to-practice competencies, practice standards and guidelines established by their provincial or territorial regulatory body.
- Nurses who fail to adhere to the above, resulting in safety concerns, may be removed from the course at the Educator's discretion and marked as Incomplete. Re-entry to the course may or may not be possible based on the Educator's recommendations. Remedial assignment(s) and additional fees may be applicable.

Documentation

Each student is to provide an electronic copy of the following 1 month prior to their clinical training:

- Proof of active, non-restricted nursing license in the province of training
- Proof of personal protective insurance (malpractice insurance)
 - Nova Scotia: this is included with Nova Scotia College of Nursing (NSCN) license
- Current government issued photo ID
- Foot Care Nurse Theory Course certificate
- CSA: MDR of Critical Foot Care Devices Course certificate
- IPAC Hand Hygiene Course Certificate
- Signed copy of this course outline

Required Reading

Students are expected to obtain the following:

- Lazenby, Cindy. LM. (2024) Art & Science of Foot Care: A Multidisciplinary Resource
- Canadian Association of Foot Care Nurses National Competencies for Advanced Nursing Foot Care in Canada (2017). Canada: CAFCN.
- Student Guide: a Student Guide will be provided to the student once fully registered, which how to prepare prior to the course, including links to additional required reading.

Credit

Students meeting the minimum passing grade requirement will be provided with a Certificate of Completion from their education provider.

Foot Care Nurse Clinical Course Components (32 hrs *minimum*)

Mentorship - Students will observe their Clinical Lead Educator/Instructor performing nursing foot care clinical appointments.

Advanced Nursing Foot Care Skills Training- This course may be conducted in a nursing lab or foot care setting (clinic, community or client home). Educator/Instructor will demonstrate, explain and instruct step-by-step on all advanced nursing foot care skills including: risk assessments, treatment, development of individualized treatment plans, referrals and health education. Students will observe, explain, simulate and then provide return-demonstration during step by step practical hands on practice on volunteer clients, gradually increasing in independence and difficulty.

Independent Clinical Skills - Students will independently provide full nursing foot care to clients while their educator guides, observes, provides feedback, and evaluates (with gradually reduced guidance). Clients will have increasingly difficult or complicated foot care needs, including patients with diabetes.

Evaluation

Clinical Performance Standards

The 7 Domains of CAFCN's National Competencies for Advanced Nursing Foot Care in Canada (2017) are used as Clinical Performance Standards for FCN Clinical which are recommended as the minimum set of skills and knowledge required to competently practise as a Foot Care Nurse.

7 Domains of CAFCN's National Competencies for Advanced Nursing Foot Care in Canada (2017)
1. a) Knowledge-Based Practice: Theory
1. b) Knowledge-Based Practice: Practice
2. Risk Assessment & Health Promotion
3. Quality Practice
4. Professional Communication and Relationship
5. Coordination and Collaboration
6. Advocacy
7. Ethical Practice

This course emphasizes professional accountability through resourceful and self-directed learning. Skills and knowledge will be evaluated by the student, their peers, and the Educator/Instructor.

Evaluation is continuous and will consist of formative and summative methods, including step-by-step guided-learning exercises and return demonstrations. There will be an emphasis on self-evaluation with the use of a personal learning plan, pre and post-tests and reflective practice. All students are encouraged to develop a Personal Learning Plan with S.M.A.R.T. goals on exit from the Foot Care Nurse Clinical course that includes Clinical Performance Standards for which they did not receive a full mark.

An overview of the learning outcomes for the entire program (Theory & Clinical) are provided at the end of this document

Clinical Performance Evaluation

Definition	Detail of Performance
Satisfactory (S)	Performance meets minimum Clinical Performance Standards: <ul style="list-style-type: none"> ● <u>Day 1-2</u>: Consistently demonstrates progression towards the achievement of Clinical Learning Outcomes as evidence by integration of established Clinical Performance Standards within clinical performance. Needs Improvement (NI) is used as a warning before progression to Unsatisfactory (U) if no subsequent improvement noted. ● <u>Day 3-4</u>: Clinical Learning Outcomes achieved as evidence by integration of established Clinical Performance Standards within clinical performance.

<p>Unsatisfactory (U)</p>	<p>Performance does not meet minimum Clinical Performance Standards:</p> <ul style="list-style-type: none"> ● <u>Day 1-2</u>: Not achieving progression towards the achievement of Clinical Learning Outcomes as evidence by an inconsistent or deficient integration of established Clinical Performance Standards within clinical performance. Student will be asked to develop a plan for improvement within the 2 last days. ● <u>Day 3-4</u>: <ol style="list-style-type: none"> 1. Clinical Learning Outcomes remains unachieved with inconsistent or deficient integration of established Clinical Performance Standards within clinical performance, as measured by: <ul style="list-style-type: none"> ● 2 U's under one Learning Outcome <p style="text-align: center;"><u>Or</u></p> ● 3 U's under different Learning Outcomes <p style="text-align: center;"><u>Or</u></p> 2. 1 single CRITICAL EVENT: Defined as, but not limited to: <ul style="list-style-type: none"> ● A dangerous action that injures or has the potential to injure ● Illegal or unethical behaviour ● Impaired behaviour due to alcohol or drugs
---------------------------	--

Passing Grade

Students achieving a final grade of Satisfactory (S) by their last day are considered to have met the Clinical Performance Standards for FCN Clinical at an entry level.

Final Grade Satisfactory (S) (Pass)

- Competent - Meets expectations for Clinical Performance Standards.
- Recommendation - Practice within an agency with an onsite mentor or an easily accessible mentor, for a minimum of two years.

Final Grade Unsatisfactory (U) (Fail)

- Not Competent - Does not meet Clinical Performance Standards effectively or consistently.
- Recommendation - The student cannot practise foot care. Recommended to get remedial assistance prior to applying for re-entry to the course.

Final Grade (Incomplete)

- Not Competent – Student was absent for a portion of the course resulting in skill development and/or skill assessment being incomplete.
- Recommendation - The student cannot practise foot care. Student may have to make remedial arrangements with their FCN Clinical location or re-take FCN Clinical. Note that additional fees may be applicable.

Absent for 1 hour or more - Students may be marked as 'Incomplete' for missing a cumulative total of an hour or more of FCN Clinical, and may have to register for FCN Clinical a second time to complete the course, or may be offered remedial arrangements to make up the time missed at the Educator's discretion. Additional fees may be applicable.

Remedial Training

If the Student is unable to successfully meet one or more of the learning outcomes, the Student will receive a Needs Improvement or Unsatisfactory grade, and depending on circumstances, may be offered remedial days (at additional cost to the student).

The maximum number of additional remedial days is two (2), at the additional cost of \$400 +HST per day. If the student is unsuccessful after the remedial two days, the student will be given feedback, along with a meeting with the Educator and Foot Canada Training, where they may be asked to take the Online FCN Theory Course again (cost of \$250).

Students are required to be present for 100% of scheduled clinical days.

Tools and Materials

Student will arrive on time and prepared for the first day of clinical training, with the following:

- **Masks and gloves (for students own use)**
- Printed materials
- Clothing/attire: scrubs preferred, or 'smart casual'
- Personal appearance, hygiene
- Food/drinks

Failure to arrive prepared for clinical will result in the student being sent home and clinical rescheduled at an additional cost to the student.

If the Student is sent home more than once, with issues of unprofessionalism, unsafe care or

behaviour, or being unprepared, the student will be given a final grade of Unsuccessful (U), without the ability to reschedule or continue the clinical program.

The required supplies are available for purchase through [CPC Health Care](#). These are not included due to individual sizing for each student.

- Gloves
- Masks

CPC Health Care

Contact: Cathy Silcox

Phone: 1-519-686-2723 (Recommended to contact Cathy by phone, not email)

Kits: The Educator recommends waiting until after successful completion of Clinical to purchase equipment and supplies.

Ethics

It is expected that nurses participating in this course will:

- Conduct themselves at all times in a respectful and professional manner with their Instructor, fellow students, and patients;
- Will respect the privacy of the Instructor, fellow students and patients by not taking or posting photos, videos, locations or comments without written consent, during or after the training;
- Refrain from using their cellphones at any times during the training, except for during an emergency
- Respect the learning differences of other students;
- Accept constructive feedback from their Instructor, and in circumstances of disagreement will approach the Instructor privately, and in a respectful manner, for clarification; Where disagreement persists the student will make their disagreement known in writing to the Instructor within 24 hours;

Nurses who fail to adhere to the above, resulting in ethical concerns, may be removed from the course at the Educator's discretion and marked as Incomplete. Re-entry to the course may or may not be possible based on the Educator's recommendations. Remedial assignment(s) and additional fees may be applicable.

Payment, Reschedule & Refund Policies

The Student agrees to adhere to the clinical training schedule as originally agreed upon, and understands that clinical tuition is **non-refundable**.

Extenuating Circumstances: If a student needs to defer clinical once it has been scheduled and confirmed, this can be reviewed on a case by case basis.

Tuition payment is due no later than 21 days before start of clinical. Any requests for changes to the training schedule must be made at least two weeks in advance and are subject to the Educator's approval. Any requests made with less than 2 weeks notice will result in a rebooking fee of \$400 + HST.

If any portion of the Clinical is required to be rescheduled by the Educator/Instructor, either due to illness or in cases where the clinical location is closed (which is beyond the Educators control), the clinical day(s) in question will be rescheduled at no cost to the Student, and with no refunds given. The Educator/Instructor will not be held responsible for any costs incurred to the Student for parking, travel, etc, should this occur.

Location-Specific Course Information - Kirsten's Foot Care

Newfoundland and Labrador Tuition

Program Bundle: \$3900 (including HST)

Online Theory: \$1130 (including HST)

Clinical: \$3000 (including HST)

Course Dates and Times

- No set start dates; students can enrol at any time, with exact clinical dates to be organized and agreed upon between the Educator/Instructor, student and confirmed with location.
- Clinical will be scheduled in groups of 1-2 students (*as of February 2025)
 - If an organization is interested in group options, please contact the Educator for more information.
- Clinical Hours: 8am-5pm (approximately)
- 4 days of in-person training, 12 patient minimum (to receive Satisfactory in course)
- If a student or organization wishes to arrange clinical at their place of work, please discuss with Kirsten's Foot Care. For cases where the Educator/Instructor (or student) must pay for accommodation and/or travel for this alternate location, this would be at the students or organizations expense.

Location:

- St. John's Metro Area, Newfoundland
- Clinic, long-term care(LTC), and community based care (~ 2 days in clinic, 2 days in LTC)

Alternate locations: Arrangements may be made but are not guaranteed.

Any travel and accommodations are at the cost of the student/organization.

Educator Contact Information:

- Lead Educator: Kirsten Hansen, LPN
Advanced Foot Care Nurse, Foot Care Nurse Educator, and Sole Proprietor of Kirsten's Foot Care
- Email: info@kirstensfootcare.ca
- Phone: 902-719-8711

Newfoundland Mentor

Deanna Skinner, RN

By signing this course outline the student agrees to the terms set out and understands their role and responsibilities before, during and after the course. The student has done adequate research to understand the regulations set out by their nursing college and province about foot care nurse training and practice standards and understands that it is solely their responsibility to be in and remain in compliance with those regulations.

SIGNATURES:

Student & Educator (with dates)

Advanced Foot Care Nurse Program

Learning Outcomes Overview

120 hours THEORY + 32 hours (*minimum*) CLINICAL
 (95 Learning Outcomes based on CAFCN National Competencies)

Nursing Foot Care Practice

Charting & Assessment tools

Risk Assessments (High, Medium, Low):

- Wounds
- Ulceration
- Amputation
- Neuropathy
- Skin changes & temperature
- Evidence of infection
- Structural Abnormalities (ROM, deformities)

Sensation testing

- Monofilament, tuning fork

Diabetic Foot Care

Consent

Proper technique and safe use of Medical Devices :

- Podiatry rotary device & burs
- Nippers
- Black's file
- Foot file
- Scalpel (where applicable)

Nail reduction

Callous/corn reduction

Nursing interventions:

- fungal infections, dystrophic nails, soft tissue pathologies

General/daily foot health practices (cleansing, moisturizing, inspection)

Anatomy & Physiology

Terminology

Body systems (*bones, muscles, nerves*)

Skin & Nail Conditions

Identify common complications or comorbidities

Lower Limb Health

Biomechanics & Mobility

Gait Analysis

Assistive devices; Offloading; Footwear

Lower limb assessment

Diabetes Mellitus (*circulation, nerve function*)

IPAC

MDR processes & equipment use

PPE

Sharps disposal

Policy & Procedures

Occupational Health & Safety

Health Teaching

Patient & caregiver health teaching

Patient goal setting

Advocacy

Professional & Service/Community Referrals

Client satisfaction and engagement



Professionalism/Business

Policies & Procedures

Business planning (*insurance, legal, financial*)

Documentation

Preparedness/professionalism & boundaries

Continuing education, goal setting, feedback

Professional network