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Toolkit Design and Development for Establishing a Foot Clinic for the Homeless Population

Emily Estes, DNP, APRN, FNP-C, CCRN

Faculty Chair: Kimberly Posey, DNP, RN, AGPCNP-BC, GS-C

Faculty Committee member: Kathryn K. Ellis DNP, RN, ANP-BC, FNP-
BC, FAANP

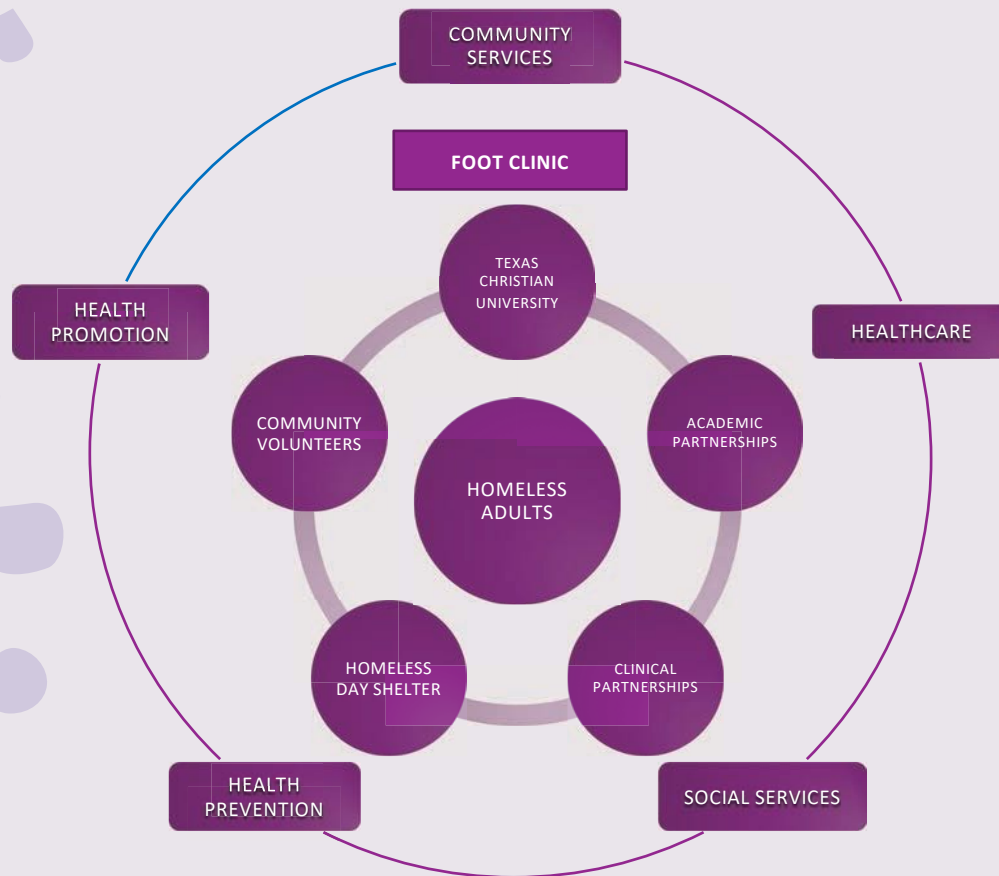
Project Overview

- Development of a toolkit for the establishment of a foot care clinic for the homeless population.
- Aid in establishing a foot care clinic in communities and settings of volunteer's choice.
- To provide other communities with a guide for how they can develop a foot clinic from the ground up.
- Extensive research and literature synthesis lead to the development of the toolkit.

Background

- The homeless have a high disease burden with a higher morbidity and mortality rate.
- The homeless have an increased risk of acquiring foot problems.
- Foot problems are attributed to moisture, poorly fitting shoes, standing and walking, poor hygiene, and repeated trauma to the feet
- Foot problems are often overlooked and untreated by healthcare providers.
- Foot problems commonly seen include ingrown toenails, calluses, corns, tinea pedis, onychomycosis, and foot ulcers.
- Many people have a loss of foot sensitivity, numbness, tingling, and swollen feet.
- A foot care clinic addresses a person's physical, mental, emotional, and spiritual health.
- Few studies demonstrate how to develop a way to target foot problems experienced by the homeless.

Foot Clinic Model



Toolkit Content

- Foot clinic team members.
- Estimated budget for 6 clinic days (\$1,287).
- Supplies needed with description.
- Job descriptions.
- Flow of foot clinic.
- Intake sheet.
- Foot risk assessment form.
- Foot care education tip sheet.
- Surveys for toolkit, guests, and volunteers.

Foot Clinic Flow

Intake room

- Fill out information sheet.
- Remove socks and shoes, place belongings in designated laundry basket.
- Wait for next available foot washing station

Foot washing station

- Soak feet in soapy water with epsom salts.
- Scrub feet with brush and pumice
- Massage feet for 2-5 minutes
- Have meaningful conversations

Foot care station

- Review information sheet
- Assess feet, trim and file nails as appropriate
- Educate about healthcare prevention and foot care
- Refer to primary care provider if a higher level of care is needed

Intake room

- Fill out guest survey
- Gather belongings
- Get "goodie bag" with socks

Implications for APRNs

- Opportunity to design, implement, and evaluate a program for the homeless population.
- Identify best practice approaches.
- Develop strategies to determine if a foot care clinic can improve health outcomes.
- Identify gaps between foot health needs and to ways to address the needs.

Future Opportunities

- Implementing the foot clinic using the toolkit.
- Pilot site with 6 clinic days serving 20-30 guests.
- Tracking the number of communities that tried to implement the foot clinic.
- Tracking the number of communities that had successful implementation.
- Evaluating the number of participants who had foot problems requiring referral to care.
- Monitoring the health outcomes of people with foot pathologies needing a higher level of care.
- Increasing interprofessional collaboration such as utilizing a social worker to help with increasing access to healthcare or having a podiatrist at the clinic to do more advanced foot care.

References

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