

“Happy Feet” Outcomes of A Nursing Foot Care Clinic

National Combined Council (NCC)
San Diego, CA

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Presenters: Shirley Butts, RN, BSN, Diabetes Nurse Educator
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Quentin N. Burdick Memorial Health Care Facility Belcourt, North Dakota



Presentation Objectives:

- Identify the key components of an effective nursing foot care clinic.
- Identify resources available to assist in establishing the foot clinic.
- Incorporate the role of this clinic as a best practice program in support of the Chronic Care Initiative.

Mission Statement

- The Quentin N. Burdick Memorial Health Care Facility provides quality healthcare that is accessible to all Native American/Alaska Natives.
- Our services are provided through a collaborative multidisciplinary team approach dedicated to professionalism, tribal values, culture and spirituality.

Value Statements

- We believe that the patient is the most important participant on the healthcare team.
- We believe that patient care will be provided with respect, dignity, compassion and patient confidentiality.
- We believe that our combined knowledge will be instrumental in providing patient education to improve the quality of life and well-being of the patients we serve.

Value Statements

- We believe that resources will be directed towards health maintenance and disease prevention.
- We believe that the patient has a right to appropriate assessment and management of pain.

Vision Statement

The Quentin N. Burdick Memorial Health Care Facility will:

- Be the best rural, primary healthcare system in North Dakota
- Be prevention oriented and devoted to wellness in the individual and community
- Provide culturally appropriate healthcare effectively, efficiently and in response to the community we serve

Vision Statement

The Quentin N. Burdick Memorial Health Care Facility will:

- Assist the Turtle Mountain Band of Chippewa Indians to develop healthcare programs and provide healthcare services to our community
- Be competitive in an era of constrained resources, increasing demands and growing competition
- Be the healthcare system of choice to the Turtle Mountain Band of Chippewa and

Vision Statement

The Quentin N. Burdick Memorial Health Care Facility will:

- “Be Your First Choice For Health Care”

Objective #1

- Identify the key components of an effective nursing foot care clinic.

First Foot Step...

- Support for Evidence-Based Practice:
 - Nursing Management Team attendance at Alaska Native Medical Center 1st Annual Magnet Status Conference—November,05
 - Nursing Management Team attendance at Arizona State University-EBP Immersion Course---October,06
 - Nurse Executive and Quality of Council EBP Chair collaboration with N.I.H/NANAINA/I.H.S 07 and 08



Arizona State University
EBP Immersion Cohort Group
September, 2006



First Foot Step cont'...

- April, 2007 and June, 2008: Director of Nursing and EBP Quality of Council Chair attended National Institute of Health (N.I.H.), National Alaskan Native American Indian Nurses Association (NANAINA) and I.H.S.
 - Expanding Nursing Research Capabilities: Linking Research to Practice
 - Bethesda, Maryland 2007
 - Rockville, Maryland 2008



First Foot Step cont'...

- Foundation for Evidence Based Practice at Clinical Nurse Level
 - October, 2006: Implementation of Performance Management Appraisal Program with critical element with section related to Evidence Based Practice within nursing services



First Foot Step cont'...

- January, 2007: Initial meeting of Quality of Council: Evidence Based Practice and Research
 - Chairperson: Virginia Thomas, RN Infection Control & Employee Health Nurse Specialist
 - Members: Clinical nurses from ER, Med/Surg, OR, and Ambulatory Care
 - Registered Nurses, LPN, and MST



Quality of Council: EBP and Research

- Members:
 - April Roussin, RN Clinical Nurse/MS
 - Jennifer Thomas, RN Nurse Educator
 - Michelle Loing, RN PHN
 - Roberta Morin, Medical Supply Technician/OR
 - Lorrie DeCoteau, LPN Ambulatory Care Unit
 - Shirley Butts, RN Diabetic Nurse Educator



EBP COMMITTEE MEMBERS



Happy Feet EBP Project

- **Project Director:** Shirley Butts, RN BSN Diabetes Educator/Coordinator
- **Council Chair:** Virginia Thomas, RN BSN Infection Control/Employee Health Nurse Specialist
- **Nurse Executive Role:** Gloria Belgarde, RN MS Nurse Executive
- **Clinical Directorship:** Vernon Azure MD

First Foot Step cont'...

- **Joint Commission: Provision of Care—** implementation of evidence based practice within patient care setting
- **Government Performance Results Act (GPRA)**
 - CRS Diabetes Audit



Second Foot Step...

- In people with diabetes accessing care at Quentin N. Burdick Memorial Health Care Facility, does nurse only foot care increase compliance with standard of care of annual foot care compared with people with diabetes who do not receive nurse only foot care?



Second Foot Step...

- Purpose Statement:
 - Diabetes Standard of Care - Increase foot care compliance among Diabetic Patients
 - Decrease ulcers and amputations in Diabetic Patients



Second Foot Step cont'...

Barriers/facilitators/challenges:

Barriers

- Lack of Knowledge
- overwhelming number of people with diabetes

Facilitators

- support from administration
- Clinical Directorship support

Challenges

- training/certification
- patient attitudes
- access to care



Second Foot Step cont'...

- 3-4 articles
- Integration of current literature into development of Nurse Only Foot Care Clinic



Second Foot Step cont'...

- Finding Relevant Evidence....
 - Search Engines
 - CINAHL
 - Medline
 - PubMed
 - Cochrane Library
 - Guidelines Clearinghouse
 - Search Criteria
 - Diabetic
 - Foot Care
 - Amputations
 - Ulcers



Third Foot Step cont'...

- Appraising Evidence



Fourth Foot Step...

- Using Models and Strategies for Evidence-Based Practice
 - The Iowa Model of Evidence Based Practice
 - The Iowa Model of EBP is an organizational model that incorporates the conduct and use of research and other forms of evidence (Titler, 2002).



Fourth Foot Step cont'...

- Problem-Focused Triggers
 - Risk management data
 - Process improvement data
 - Internal/external benchmarking data
 - Financial data
 - Identification of clinical problem



Fourth Foot Step cont'...

- Knowledge-Focused Triggers
 - New research or other literature
 - National agencies or organizational standards and guidelines
 - Philosophies of care
 - Questions from institutional standards committee



Fourth Foot Step cont'...

- Certified Nurse Foot Care Objectives
 - Discuss a nursing model for delivering foot care and education
 - Describe the practice guidelines/standards of care associated with three nursing foot care interventions
 - List the general components of foot care
 - Discuss competencies for performing foot care
 - Conduct a comprehensive lower extremity assessment

Fourth Foot Step cont'...

- Perform ankle brachial index measurements
- Perform basic neurosensory testing
- Recognize the typical clinical characteristics of the three most common lower extremity disease
- Identify high risk foot conditions
- Describe at least six common foot problems

Fourth Foot Step cont'...

- Discuss clinical manifestation of infection of the skin and nails
- List conservative management options for problems

Fourth Foot Step cont'...

- Certification
 - American Nurses Credentialing Center's Commission on Accreditation

Fourth Foot Step cont'...

- Certified Nurse Foot Care Training Session
 - Training Arrangements
 - Funding



Why?????

- Diabetes Standard of Care
- Cost effective
- Decrease/Prevent patient ulcers
- Decrease/Prevent patient amputations



Fourth Foot Step cont'...

- Is this topic a priority for the organization?
 - CRS Diabetes Audit (data)



CRS: Diabetes Audit

- 2005 938 patients 29%
- 2006 1048 patients 41%
- 2007 1112 patients 44%
- 2008 1177 patients 23%

Fourth Foot Step cont'...

- Is this topic a priority for the organization?
- Form a Team:
 - Nurse Foot Care Committee
 - Composed of:
 - Diabetes Nurse Educator/Coordinator
 - Infection Control/Employee Health Nurse Specialist
 - Acute Care Nurse Manager
 - Clinical Nurse Med/Surg and Ambulatory Care
 - Public Health Nurses



Fourth Foot Step cont'...

- Nursing Theorist: Dorothea Orem (1914-
 - Self-Care Framework
 - Orem's model focuses on each individual's ability to perform self-care, defined as 'the practice of activities that individuals initiate and perform on their own behalf in maintaining life, health, and well-being' (Polit & Henderson p. 103)
 - The basic premise of the model is that individuals can take responsibility for their health and the health of others. In a general sense, individuals have the capacity to care for themselves.



Fifth Foot Step cont'...

- Foot Care Nurse training session
- Facility Policy Development
- Establishment of Nurse Only Foot Care Clinic

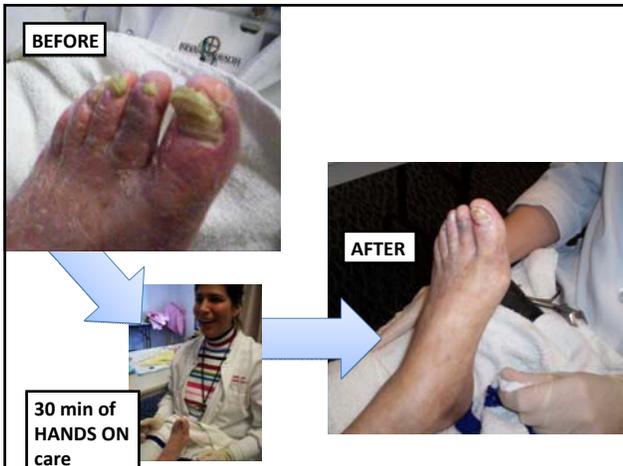


Fifth Foot Step cont'...

- March, 2008: Foot Care training – 10 nurses completed
- March, 2008: Formed Foot Care Committee



Foot Care Training March, 2008



Foot Care Committee



Brenda Gilje, RN M/S Nurse
Jennifer Thomas, RN Nurse
Educator
Michelle Loing, RN PHN
Virginia Thomas, RN Nurse
Specialist
Sheryl Steiger, RN Inpatient
Manager
Shirley Butts, RN Diabetic Nurse
Educator
Rose Hole, RN Inpatient
Lori Goulet, RN PHN
Kristy Davis, RN Outpatient
Marianne Young Eagle, RN PHN

Sixth Foot Step...

- Implementation of change in care delivery process
 - Nurse Only Foot Care Clinic



Sixth Foot Step cont'...

- Nursing Services EBP Nurse Only Foot Care Clinics
 - Staff Training
 - March, 2008: foot care training
 - March, 2008: Form foot care committee
 - Certification - 2009
 - Advertising foot care clinics



Sixth Foot Step cont'...

- April, 2008: Implemented Foot Care Clinic
- June, 2008:
June 30 – July 01, 2008
N.I.H./I.H.S./NANAINA Collaborative:
Indian Health-Linking Research to Practice
Rockville, MD



Sixth Foot Step cont'...

- August, 2008 Presented at Foot and Wound Care Conference in Sioux Falls
- October, 2008: Presented at NANAINA Summit in Branson, Missouri



Sixth Foot Step cont'...

- Resources Needed:
 - Training
 - Equipment
 - Supplies
 - Staff
 - Space
 - Advertising
 - Time



Sixth Foot Step cont'...

- Generating Evidence
 - Patient foot assessment data
 - I.H.S. CRS Diabetes Audit
 - Patient Satisfaction Survey
- Disseminating Evidence
 - Quarterly GPRA reporting
 - Diabetes Team Meeting
 - General Nursing Staff Meeting
 - Conference and/or poster presentation



Objective #2

- Identify resources available to assist in establishing the foot clinic
 - Shirley Butts, RN QNBMHCF Diabetes Educator/Coordinator
 - National Certification Foot Exam/Care

Objective #3:

- Incorporate the role of this clinic as a best practice program in support of the Chronic Care Initiative
 - Health Care Organization
 - Promote continuity and coordination

Nurse Only Foot Care Clinic

- Promote continuity
 - (9) Trained foot care nurses
 - Same technique
 - Same location ambulatory care area
 - Documentation consistent with I.H.S. annual foot exam form
 - Consistent patient education provided
 - Positive customer service
 - Standardized equipment
 - Appropriate follow-up with primary provider

Nurse Only Foot Care Clinic

- Promote coordination
 - Collaboration with Clinical Director and Medical Staff
 - Policy established
 - Establishment of Foot Care Committee
 - Coordination by Diabetes Educator/Coordinator
 - Offered during Diabetes Specialty Clinic and collaborated with Ambulatory Care Nursing personnel

World Health Organization Innovative Care for Chronic Conditions Framework

- Six Guiding Principles
 - Evidence-based decision making
 - Prevention Focus
 - Quality Focus
- Eight Essential Elements
 - Use health care personnel more effectively
 - Center care on patient and family
 - Emphasize prevention

WHO Guiding Principles

- Evidence-based decision making
 - Incorporating evidence based practice into the care setting
 - Recommendation American Diabetes Association regarding the benefits of annual foot care exam for people with diabetes
 - I.H.S. Standard of Care for Diabetes

WHO Guiding Principles

- Prevention Focus
 - Foot care provided following each foot exam
 - Patient Education provided regarding the benefits associated with appropriate foot care on daily basis
 - Patient Education on early detection of signs and symptoms of foot problems

WHO Guiding Principles

- Quality Focus
 - Prevention of foot problems such as ulcers and amputations
 - Prevention of disability
 - Enhancement of quality of life
 - Enhancement of positive self image
 - Enhancement of self-management of diabetes care

WHO Essential Elements

- Use health care personnel more effectively
 - On-site training
 - Variety of backgrounds and experience such as nurse management, infection control, Diabetes Educator, Public Health Nurses, in-patient nurse, and ambulatory care nurse

WHO Essential Elements

- Center care on patient and family
 - Individualized plan of care for each nurse only foot care clinic visit
- Emphasize prevention
 - Patient Education provided on the benefits of daily foot care
 - Encouraged to return as needed
 - Provided with information for appropriate follow-up in Nurse Only Foot Care Clinic

Health Care Organization

- Establish evidence based standards of care for treatment and prevention of chronic conditions to provide consistency in medical care
 - Develop and implementation of Nurse Only Foot Care Clinic

Q & A

