

## **HSC220 Maintain the feet of individuals who have been assessed as requiring help with general foot care (Level 2)**

### **Elements of Competence**

- HSC220a** Contribute to the care and maintenance of individuals' feet  
**HSC220b** Apply dressing and medicaments to individual's feet

### **About this unit**

For this unit you need to be able to contribute to the care and maintenance of the feet of individuals assessed by a Podiatrist as unable to maintain their own footcare. You need to undertake those foot care activities which individuals would normally be able to do for themselves such as nail cutting, both normal and pathological and apply dressings and medicaments. The worker will follow a prescribed care plan and will ensure that a record of the care given is made.

### **Scope**

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area.

**Dressings** can include: sterile dressings; tube-gauze; tube foam; fleecy web; insoles, preps; silicones; hypoallergenic tape

**Equipment** can include: nippers; rasps; black files; scissors; forceps; tube; gauze applicators; drills; probes

**Medicaments and dressings** can be: sterile and non-sterile

**Nail** type including: normal; pathological

**Safety** including: working to maintain the integrity of the foot; avoiding compressing by nail cutting

**Standard precautions** including handwashing/cleansing before during and after the activity; the use of **personal protective clothing** and **additional protective equipment**; handling **contaminated** items; disposing of waste; safe moving and handling techniques and untoward incident procedures

**Waste** can be: hazardous; non-hazardous

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice applicable to your job, your work activities, the job you are doing (e.g. domiciliary, residential care, hospital settings) and the individuals you are working with.

### **Values underpinning the whole of the unit**

The values underpinning this unit have been derived from the key purpose statement<sup>1</sup>, the statement of expectations from carers and people receiving services, relevant service standards and codes of practice for health and social care in the four UK countries. They can be found in the principles of care unit HSC24. To achieve this unit you must demonstrate that you have applied the principles of care outlined in unit HSC24 in your practice and through your knowledge.

---

<sup>1</sup> The key purpose identified for those working in health and social care settings is "to provide an integrated, ethical and inclusive service, which meets agreed needs and outcomes of people requiring health and/or social care"  
A4.13 level 2

This unit is directly transferable to Health national occupational standard  
AHP15

## Key Words and Concepts

This section provides explanations and definitions of the key words and concepts used in this unit. In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **Therefore, we would encourage you to read this section carefully before you begin working with the standards and to refer back to this section as required.**

---

**Additional protective equipment  
Application of dressings and medicaments  
Contaminated**

Includes: types of personal protective equipment such as visors, protective eyewear and radiation protective equipment

This refers to cases where the Podiatrist has prescribed these as part of the treatment plan, or they are used as a first aid measure

Includes: items 'contaminated' with body fluids, chemicals or radionucleatides.

Any pack/item opened and not used should be treated as contaminated.

**Individuals who have been assessed as requiring help with general foot care**

Those who have been assessed by a Podiatrist as being unable to maintain their own feet. The podiatrist will have prescribed a care plan for you to follow, covering those foot-care activities which an individual would otherwise do for her/him self. The care plan will have a review date, but if there are problems with the individual, the Podiatrist may be called upon before that date

**Personal protective clothing**

Includes items such as plastic aprons, gloves - both clean and sterile, footwear, dresses, trousers and shirts and all in one trouser suits.

These may be single use disposable clothing or reusable clothing

**Standard precautions and health and safety measures**

A series of interventions which will minimise or prevent infection and cross infection; including handwashing/cleansing before during and after the activity and the use of personal protective clothing and additional protective equipment when appropriate

## **HSC220a**      Contribute to the care and maintenance of individuals' feet

### **Performance Criteria**

You need to show that,

1. you apply **standard precautions** for infection control and other necessary **health and safety measures** which are appropriate to the care given, the environment and the individual
2. you encourage the individual to ask questions on how to improve their foot care and health and to provide full information on the general condition of their feet and any factors which have influenced their condition
3. you prepare the individual's feet in a manner consistent with the care to be provided and any signs of deterioration, infection or abnormality are identified
4. you use equipment appropriate for the individual, their condition, the treatment plan and the care being given
5. you handle and operate instruments and equipment in a manner which reduces the likelihood of risk, discomfort and injury to individual and worker, and in accordance with health and safety guidelines
6. you maintain nails in a manner which is consistent with individual's plan of care, condition and safety
7. you advise the individual on how to maintain their feet and what to do should they develop pain or discomfort
8. you dispose of waste in the appropriate manner and place in accordance with health and safety guidelines

## **HSC220b**      Apply dressing and medicaments to individual's feet

### **Performance Criteria**

You need to show that,

1. you inform the individual of the activities to be undertaken in a manner sensitive to their needs and at the appropriate level and pace
2. you **apply medicaments and dressings** according to the prescription of care appropriate to the individual's condition from those available to you
3. you report adverse reaction and unexpected changes in the individual's condition to the professional without delay
4. you dispose of waste materials in an appropriate manner and place in accordance with health and safety guidelines
5. you make an accurate, complete and legible record of the care given

## **Knowledge Specification for the whole of this unit**

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to show that you know, understand and can apply in practice:

### **Legislation and organisational policy and procedures**

1. a factual awareness of the current European and national legislation, National guidelines and local policies and protocols which affect your work practice in relation to maintaining the feet of individuals
2. a working understanding of your responsibilities under the current European, and National legislation, national guidelines and local policies and protocols within the care environment
3. a working understanding of the importance of taking particular safety precautions
4. a working understanding of legislation and procedures for dealing with contamination by body fluids
5. a working knowledge of the importance of following universal standard precautions relevant to your role and any relevant protective clothing which may be worn for the individual's and your protection
6. a working understanding of the importance of maintaining foot health
7. a working understanding of the importance of noting and acting upon changes on foot conditions
8. a working understanding of the importance of passing questions and situations beyond your scope practice on to the podiatrist
9. a working understanding of the policies and guidance which clarify your scope of practice and the relationship between yourself and the practitioner in terms of delegation and supervision
10. a working understanding of the importance of monitoring the individual's condition throughout the treatment

### **Theory and practice**

#### ***Care and Support of the individual***

11. a working understanding of the importance of informing individuals about the nature of the procedure and dressings used in their treatment
12. a working understanding of possible adverse reactions to medicaments and dressings and the treatment of such
13. a working understanding of changes in foot condition caused by dressings that require referring on to the podiatrist
14. a working understanding of changes in foot conditions that indicate treatment is no longer required
15. a working understanding of the importance of monitoring and reporting both social and health concerns, e.g. unsanitary living conditions
16. a working understanding of the purpose of the treatment plan and how to follow it

17. a working understanding of the structure of healthy skin and nail in order to recognise which is normal and abnormal
18. a working understanding of signs of infection
19. a factual awareness of common medical and surgical conditions and how drug therapy can affect feet and foot care requirements (*such as diabetes, arthritis, peripheral vascular disease, eczema, hallux abductovalgus operations*)

**Materials and equipment**

20. a working understanding of the equipment and materials used to maintain the feet of individuals
21. a working understanding of different types of dressings and medicaments

**Procedures and techniques**

22. a working understanding of how to recognise the signs and symptoms of foot and nail abnormalities and the consequences of inaction in reporting these
23. a working understanding of methods of maintaining and improving foot health
24. a working understanding of the use of autoclaves and alternative methods of instrument sterilization
25. a working understanding of methods of foot health promotion (*such as the use of leaflets, demonstrations, posters*)
26. a working understanding of what is meant by is hazardous and non-hazardous waste and the appropriate methods of disposal for both
27. a working understanding of aseptic techniques and clean procedures for use with sterile dressings

**Records and documentations**

28. a working understanding of the information that should be recorded and the importance of doing this as contemporaneously as possible
29. a working understanding of the legalities of record keeping