

Benefits of an RN Foot and Nail Clinic

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Educational Objectives

- Summarize three considerations for creating an RN foot and nail clinic
- Predict three functional outcomes of a successful RN foot and nail clinic
- Describe three expectations of an RN functioning as a consultant



Financial incentives and considerations

- Prevent costly surgery and litigation
- Shift duties from provider to RN (cost savings)
- Ensure facility accreditation



Patient outcomes and considerations

- Retention of function and employment options
- Decrease mortality
- Promote health literacy and self care



RN incentive and considerations

- Marketable certification & skills; may scale clinic to wound, ostomy and continence consults
- Desirable working hours and work/life balance
- Ensure credentialling of specialized education & training and local competencies. Know policy and nurse practice act.



Arizona State Board of Nursing Advisory Opinion

Direct quote with emphasis added:

Only RNs and LPNs with **nationally accredited training and documented competency** may perform level 2 intermediate foot care.

- a. Complex wound care prescribed by LIP
- b. Use of an electric nail file, clipping and thinning of unusually long or thick toenails for patients with high risk for complications
- c. Debridement (manual, mechanical, and chemical)
- d. Paring of small, non-painful corns and calluses that may require the use of a curette, nail nippers, grinders with a sanding disc or drum, and a paring device
- e. Modification of preventive footwear



Outcome: Decreased Provider Workload

- Completion of annual 5.07 (10g) monofilament test
- Decrease patient exam time (consult RN vs performing test)
- Collaborate with specialist RN



Outcome: RN Independent Operations

- Receive provider consults: initial and follow up visits
- Document, treat, and refer problems
“PROVIDER RECOMMENDATIONS: CONSIDER ...”
- Educate patients and track treatment outcomes



Expectation: Foot and Lower Extremity Assessment

- Deformities: pes planus, pes cavus, claw toes, hallux valgus
- Neuropathies and offloading
- Document signs of vascular disease



Expectation: Debride Nails and Calluses

- Recognize nail conditions
- Debride with nail nippers for functional length and contour
- Debride calluses to prevent and treat neuropathic ulcers



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Expectation: Refer or Manage Problems

- Recognize fissures, xerosis, maceration, fungal infection
- Recommend topical products and perform dressing changes
- Suggest referrals for vascular studies and pedorthotist



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