

## Foot Care Competency for Residents

Steps	Passing	Additional Training Needed
1. Gather supplies.		
2. Perform hand hygiene.		
3. Explain procedure to your resident while you examine the nails and feet for any color abnormalities, cuts, splits in skin, swelling, or extreme cold or heat of the feet. Report any abnormal findings to the nurse before continuing.		
4. Fill a basin to the halfway point with warm water. Ensure resident is comfortable with water temperature.		
5. Place the basin on a towel or bathmat.		
6. Soak resident's feet in the water for 5-10 minutes. Ensure feet are fully submerged in the water.		
7. Perform hand hygiene and put gloves on for foot care.		
8. Remove and wash one foot at a time. Be sure to wash the entire foot – including between the toes and around the nail beds. Use a washcloth with soap for cleaning. Repeat procedure with the other foot.		
9. Rinse and dry entire foot, including between the toes. Repeat procedure with the other foot.		
10. Massage lotion onto both feet. Ensure entire foot is covered – top and bottom. Do not apply lotion between toes. Remove any excess lotion with a towel.		
11. Assist resident with putting on socks.		
12. Remove gloves and perform hand hygiene.		

\*Adapted from the [https://www.in.gov/health/files/Indiana\\_Nurse\\_Aide\\_Curriculum.pdf](https://www.in.gov/health/files/Indiana_Nurse_Aide_Curriculum.pdf)

\_\_\_\_\_  
Signature of Staff Member Completing Competency

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Instructor

\_\_\_\_\_  
Date