

## CLINICAL SERVICES

### **Foot Care Clinics (London)**

*The WOTCH nursing team offers free foot care to individuals on a regular basis with emphasis on those who have diabetes. They are responsible for providing assessment, treatment and education for individuals who are at risk for developing foot problems. All WOTCH nurses at the Queens Ave location are certified in foot care.*

#### **Assessment:**

Clinic includes:

- Individual assessment of the health status of the feet
  - Education concerning foot care
  - Nail trimming
  - Callus and corn treatment
  - Addressing issue of dry skin
  - Teaching of self assessment skills
  - Referral to community resources for footwear and foot orthotics as needed
- Overall goal is to prevent foot problems from starting. Staff often supply free socks and footwear to individuals who have diabetes and are not able to afford these items.

#### **Population:**

- Diabetes can be dangerous to your feet
- Thirty percent of people with mental illness have diabetes or pre-diabetes
- Even small cuts could have serious consequences
- Diabetes may cause nerve damage that takes away feeling in your feet
- Diabetes may also reduce blood flow to the feet making it harder to heal an injury or resist infection

**WOTCH Community Mental Health Services**

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***Recovery***

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***Hope***

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***Dignity***