

## Understanding the foot health of aged care residents

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### Background:

Increased number of people requiring residential care. Residential care is the most expensive care setting.

### Aim:

To understand the foot health of Peninsula Health & Monash Health aged care residents from 2012-2015.

### Method:

Retrospective audit of 268 standardised foot health screens between 2012 – 2015.

### Conclusion:

Medical conditions leading to residential care may also predispose foot pathology. There were a large number of residents with no foot pathology and low risk but seen regularly by Podiatrists.

Cost effective foot care may incorporate allied health assistants (AHA's) or nurses providing toenail care for low risk residents. These audit results indicate that basic foot care training packages and care provision by staff should be used in conjunction with Podiatry.

Table 1: Results of audit	Number (%)
Male : Female	60 : 40
Age	Mean (SD) 76.6 (10.0) years
Common medical conditions	
Diabetes	67 (25)
Stroke	60 (19)
Dementia	86 (32)
Peripheral Vascular Disease	19 (7)
Foot pathology	
Healthy skin	158 (59)
Toenail pathology	123 (46)
Hyperkeratosis (Callus)	54 (20)
Past ulcer	35 (13)
Current ulcer	11 (4)