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Concurrent Session I-A: Elderly Care I

13:00 ~ 14:30

Friday, February 11, 2011 / Olympia (Room A)

Moderators: **Mo-Kyung Sin** (Seattle University, the United States of America) /
Jun-Ah Song (Korea University, Korea)

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THE EFFECTS OF AN EVIDENCE-BASED FOOT AND TOENAIL CARE PROTOCOL FOR OLDER PEOPLE

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Objectives

Foot and toenail care, though is part of basic nursing care, has often been neglected in daily care for older people. The resulted health problems, which are in fact preventable, bring negative impacts on their functional ability and health-related quality of life. Therefore, this study aims to develop an evidence-based care protocol in promoting foot health and health-related quality of life for older people.

Methods

The study was conducted in a subacute geriatric ward using prospective quasi-experimental with nonequivalent comparison group study design. The care protocol was developed by a multi-disciplinary panel with geriatricians, podiatrists, nurses and academics and was grounded on extensive literature review and clinical judgments. It covers various aspects of care, including a systematic foot and toenail assessment, foot hygiene, toenail care, advanced care for foot and toenail complications, and patient education.

Result

A total of 72 and 78 patients from the control and intervention groups completed the assessment at baseline (Day 0) and posttest (Day 6) respectively. Of them, the most common foot problems were thickened nails (41.3%), hallus valgus (28.7%) and corn/callus (24%). More than half of them did not have the appropriate footwear initially. By adjusting the potential confounding variables in the generalized estimating equations model, there are significant improvements in toenail problems as well as patient's level of satisfaction towards foot care in the intervention group ($p < 0.001$). Improvements in health-related quality of life were also noted, though they were not statistically significant.

Conclusion

The findings showed that the care protocol was well received by the geriatric patients and it can also increase their awareness towards foot care. Long term effects of the care protocol have yet been demonstrated due to the limited length of stay of study subjects.

Keywords: older people, evidence-based care