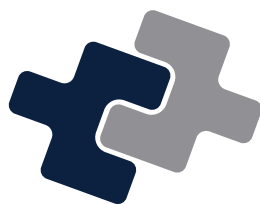


# Foot Health Assessment Program

**CHCCCS013**

*Provide basic foot care*



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# PROGRAM SNAPSHOT

<b>Program Title</b>	Foot Health Assessment Program
<b>Program Summary</b>	The Foot Health Assessment Program is designed to provide skills and knowledge for a range of health professionals and others working within Aboriginal and/or Torres Strait Islander Health to provide detailed information and advice in relation to foot health management.
<b>Units of Competency</b>	Incorporating Accredited Units of Competency CHCCCS013.
<b>Cost</b>	<b>Fully funded courses are currently available</b> (usually \$425.00 per student).
<b>Student Numbers</b>	Groups are capped at 16 students to promote an optimal learning environment.
<b>Delivery &amp; Assessment</b>	One (1) day face-to-face workshop, in-class activities assessed by facilitator, a mandatory third party observed workplace activity, and online assessment completed via BenchmarkIQ.
<b>Estimated Hours of Study</b>	24 hours of active learning.
<b>CPD Hours</b>	As a general guide, one (1) hour of active learning equates to one (1) hour of CPD. It is the responsibility of the individual student to calculate how many hours of active learning have been completed. The hours of active learning estimated above should act as a guide to CPD hours.
<b>Pre-requisites</b>	The course is available to Aboriginal and/or Torres Strait Islander Health Workers and Health Practitioners, Registered Nurses, Enrolled Nurses, General Practitioners, General Practice Registrars, Allied Health Workers, Social and Emotional Wellbeing Workers, Podiatrists or others on application.
<b>Terms and Conditions</b>	Visit <a href="http://benchmarkgroup.com.au/terms-and-conditions">benchmarkgroup.com.au/terms-and-conditions</a>

Most people take their feet for granted, until pain or problems such as blisters or calluses develop. It is important to be kind to your feet and take care of them—before problems arise, and to treat existing problems before they limit your ability to function. Healthy feet play a critical role in a person's general health and wellbeing.

## PROGRAM OUTLINE:

The Foot Health Assessment Program is a one (1) day course that explores how to perform a basic foot care assessment, determine foot care requirements and use basic equipment and topical medications, when the services of a professional podiatrist are not required. The program provides the student with the opportunity to gain or consolidate knowledge and skills in basic foot care assessment management and referral.

# PROGRAM INFORMATION

## PROGRAM OUTCOME:

The Foot Health Assessment Program is evidence-based and the techniques taught are designed to promote the best practice outcomes for client care.

Upon successful completion of the course, participants should have the ability to safely perform a basic foot care assessment, determine foot care requirements and use basic equipment and a range of topical medications where the services of a professional podiatrist are not required.

## PROGRAM CONTENT:

The workshop session will involve a presentation of content and practical activities, where students will be performing group-based foot health assessments, monofilament and tuning fork tests, to assess for neurological defects, and doppler ankle-brachial indicator (ABI) and toe pressure vascular assessments.

During the one (1) day face-to-face workshop, the following topics are covered:

### Basic Anatomy and Physiology of the Foot

- What is foot care
- Anatomy (bone, ligaments, vascular system, peripheral nervous system, integumentary system)
- Biomechanics and the gait cycle.

### Pathophysiology

- Diabetes
- Vascular system
- Neurological system
- Integumentary system
- Joint and inflammatory conditions
- Paediatric conditions.

### Assessment of the Foot

- Podiatry-specific assessment
- Ankle-brachial Indicator
- Toe pressures
- Practical 5-step assessment of foot.

### Management

- Types of documentation required
- Information required
- Management
- Education
- Referrals.

## PROGRAM STRUCTURE:

Course delivery and assessment for the Foot Health Assessment Program includes a one (1) day face-to-face workshop, in-class activities assessed by facilitator, a mandatory third party observed workplace activity, and online assessment completed via BenchmarkIQ.

To achieve competency in this course, students must demonstrate competency through realistic skills simulations, competently complete a theory assessment covering essential knowledge and skills and complete workplace activity.

There is no pre-reading and all course materials are supplied. The online assessment activities do not need to be completed until after attendance at the one (1) day workshop.

*The Foot Health Assessment Program is supported by funding from the Australian Government Department of Health under the Chronic Disease Support Project.*

### *About The Benchmarque Group*

*The Benchmarque Group is a Registered Training Organisation (RTO) delivering a range of clinical skills courses and programs to meet the needs of a broad range of health professionals across Australia.*

*As an RTO working in the health sector, our focus is on the delivery of courses and programs designed to provide healthcare professionals with the opportunity to expand their skills and careers. We concentrate on skills and knowledge that can be immediately implemented in a vocational context.*

*Skills learnt today can be used tomorrow.*

*The artwork elements used throughout this resource were created by Gilimbaa artist Rachael Sarra (Goreng Goreng).*



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