**Ontario Podortho Nurses Association**

In light of the COVID-19 outbreak we have established a guideline to differentiate Essential and Non-essential Podortho Nurse Services.

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| **Essential Services** | **Rational** |
| Open wounds | * The client is unable to preform best practice wound care and the wound bed has a high risk of deterioration and infection
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| Onychocyrptosis (Ingrown toenail)  | * Clients who are presented with pain and redness at the sight.
* Infected site with drainage
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| Podortho Foot Care | * If client is unable to perform proper nail care, and;
* There is a high provability of tissue trauma if done independent of Pod. Nurse
* Reducing callus will alleviate pain and prevent ulcerations (if there is a risk)
* Only if absolutely necessary, clients with high risk conditions (E.g., DM, PAD, Loss of sensation, etc.)
* Hx of compromised tissue and high risk of reoccurrence (E.g., arterial ulcers, DFU, etc.)
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|  Nail bracing  | * To treatment an involuted nail plate when the client has extreme pain, and either has, or there is a high risk of developing a pressure ulceration or infection
* When a client has an involuted nail plate accompanied by onychocryptosis, where general treatment is not possible until the nail plate is corrected
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| Severe cases of Onychomycosis | * When patient compliance is a concern, and the condition will worsen if left untreated and cause additional health related issues
* E.g.; Total Dystrophic and Subungual Onychomycosis fungal infections
* E.g.; “If left untreated, the skin may develop pus at the edge of the nail” Erin King
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| Padding and Strapping  | * If treatment will protect from injury, prevent trauma, or skin breakdown
* If used as a routine measure to correct or align gait and aid in client mobility
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| Orthotics  | * If highly recommended by medical doctor
* If client has a deformity that impedes on balance or a stable gait, and the orthotic will improve the clients ability to carry out activities of daily living and prevent falls
* And, if the client is a high fall risk and orthotics are necessary to prevent injury
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| Compression Therapy | * If clients require med-firm compression b/c they are a high risk of venous leg ulcers
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| **Non-essential Services** | **Rational**  |
| Routine foot care | * Clients that have routine footcare for esthetics reasons and those who are a low risk of injury or foot trauma if their care is delayed
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| Nail bracing | * For esthetic purposes
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| Orthotics | * For the purpose of comfort, recreation, sports, etc.
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| Compression stockings | * To reduce swelling or non-pitting edema, pain that can be otherwise self managed, etc.
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| **OPNA Recommendations** | **Additional Notes and Resources**  |
| Use PPE when caring for clients | Act as if you have the virus to aid in protecting our clients. |
| Immediately, before providing care, have client use hand sanitizer or wash hands |  |
| Follow best practice recommendations from Public Health and Regulating bodies | <http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx> <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html><https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals.html?topic=tilelink><https://www.who.int/docs/default-source/coronaviruse/who-rights-roles-respon-hw-covid-19.pdf?sfvrsn=bcabd401_0> |
| Develop a new cleaning/disinfecting protocol | Good resource for cleaning and disinfectant agents <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fcleaning-disinfection.html>  |
| Clinics: give client a mask to wear | Droplets can linger in the air for at least 3 hours. We do not want to risk infecting others |
| Alternate masks  | Hang your used mask (if not soiled from direct care) in a sunny area for a day or two so your mask can be reused. The COVID-19 virus lysis when in exposed to the sun. Homemade masks are not suitable for direct care but can be worn in between clients (for clinics).  |
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