**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.

|  |  |
| --- | --- |
| **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 |
| Onychocyrptosis  (Ingrown toenail) | * Clients who are presented with pain and redness at the sight. * Infected site with drainage |
| 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.) |
| 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 |
| 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 |
| 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 |
| 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 |
| Compression Therapy | * If clients require med-firm compression b/c they are a high risk of venous leg ulcers |

|  |  |
| --- | --- |
| **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 |
| Nail bracing | * For esthetic purposes |
| Orthotics | * For the purpose of comfort, recreation, sports, etc. |
| Compression stockings | * To reduce swelling or non-pitting edema, pain that can be otherwise self managed, etc. |
|  |  |
|  |  |
|  |  |

|  |  |
| --- | --- |
| **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). |
|  |  |