Worksheet 3: Conditions of the Foot

CHART ACTIVITY:

Using point form, fill in the chart below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Condition | Other Name | Causes | Signs & Symptoms | Treatment Options |
| Hot Foot Syndrome |  |  |  |  |
| Bunions |  |  |  |  |
| Morton’s Toe |  |  |  |  |

QUESTION & ANSWER:

1. One of your clients is a professional runner. She trains for marathons and spends one hour a day working out. Over the past week, your client has noticed her feet have become itchy and irritated. On further examination, you discover small blisters to her feet. What condition is your client suffering from? Are there any other indications that would point to this conclusion? What course of treatment can you recommend?
2. Callusing is very common among the foot care community. In the space provided below, discuss what causes this condition, how you can identify it and available treatment options. In addition, what other conditions can result from callusing?
3. A client of yours is very embarrassed when being treated at your foot care clinic. As conversation arises, he shares “My feet always smell so bad...I hate wearing flip flops in public because I know people can smell them”. What information can you provide for him regarding his odoured feet?

CREATE YOUR OWN SEMINAR:

A local podiatrist has invited your company to participate in their upcoming foot care seminar. They would like you to provide a talk on one of the many foot conditions. Select a condition and provide useful information regarding the causes, signs & symptoms, and treatment options. Provide this information in paragraph form, as if you were going to present it to an audience. When speaking, reflect on what group of people would benefit most from this talk. Share your speech and thoughts in the space provided below.

RUBRIC

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Level 1 *(50-59%)* | Level 2 *(60-69%)* | Level 3 *(70-79%)* | Level 4 *(80-100%)* |
| Knowledge:  *Chart Activity* | 6 or less boxes were effectively completed in the chart provided. | 8 or less boxes were effectively completed in the chart provided. | 12 or less boxes were effectively completed in the chart provided. | All 12 boxes were effectively completed in the chart provided with detail. |
| Thinking:  *Questions 1-3* | The runner’s condition, indications and treatment options are not properly identified.  Information regarding callusing is ineffectively identified.  Support for the client with odoured feet was not effectively provided. | The runner’s condition, indications and treatment options were identified with difficulty.  Information regarding callusing was somewhat identified.  Support for the client with odoured feet was provided with little to no detail. | The runner’s condition, indications and treatment options were identified correctly.  Information regarding callusing was identified.  Support for the client with odoured feet was provided with some details. | The runner’s condition, indications and treatment options were identified with detail.  Information regarding callusing was identified with detail.  Support for the client with odoured feet was provided with detail. |
| Application:  *Create your own Seminar* | The causes, signs & symptoms, and treatment options were not identified correctly.  A target audience was ineffectively identified.  The speech did not act to engage or inform the audience. | The causes, signs & symptoms, and treatment options were identified with difficulty.  A target audience was identified with little to no.  The speech rarely acted to engage or inform the audience. | The causes, signs & symptoms, and treatment options identified correctly.  A target audience was effectively identified.  The speech acted to engage or inform the audience. | The causes, signs & symptoms, and treatment options were identified correctly with detail.  A target audience was effectively identified with detail.  The speech acted to engage or inform the audience throughout the presentation. |

Knowledge (30%)= ⎽⎽⎽⎽⎽⎽⎽⎽, Thinking (30%)= ⎽⎽⎽⎽⎽⎽⎽⎽, & Application (40%)= ⎽⎽⎽⎽⎽⎽⎽⎽

**Total**= ⎽⎽⎽⎽⎽⎽⎽⎽