




Ontario Foot Care Association Inc.

Not for Profit Organization

ADVANCING ➡ PROMOTING ➡ ADVOCATING ➡ QUALIFYING

www.ofcassociation.ca



OFCA Presidents Message

Congratulations on breaking through the many barriers Nurses are presented with.
You have chosen a valued career and will never look back!

Sending my well wishes for a successful and informative conference! Deborah is a valued Director of the Ontario Foot Care Association who advocates for all her students and our members. I am confident she will deliver the best possible information to advance your knowledge in your nursing foot care practices.

I wish I could be here with you today to meet all of you, empower you and provide you with my twenty-two years of experience in this industry.


In light of my unexpected absence, I have designed this presentation to encourage, support and update all of you on industry standards that have a direct impact on your careers.

I welcome your interest in our association and desire to increase your knowledge and skills in this evolving area of health care. I'm sure you all know how valuable and essential your care is.
BECAUSE IT IS! Enjoy the day☺

IT'S OKAY WANT
MORE
work life freedom



[education.@feetforlife.ca](mailto:education@feetforlife.ca)
www.feetforlife.ca/education



How OFCA Improves Careers

Five Pillars of Practice

Advocates for better acknowledgment to ensure your care is covered by your clients extended health benefits

Elevates Education for Nurses who have specialized in Medical Foot & Lower Limb Care

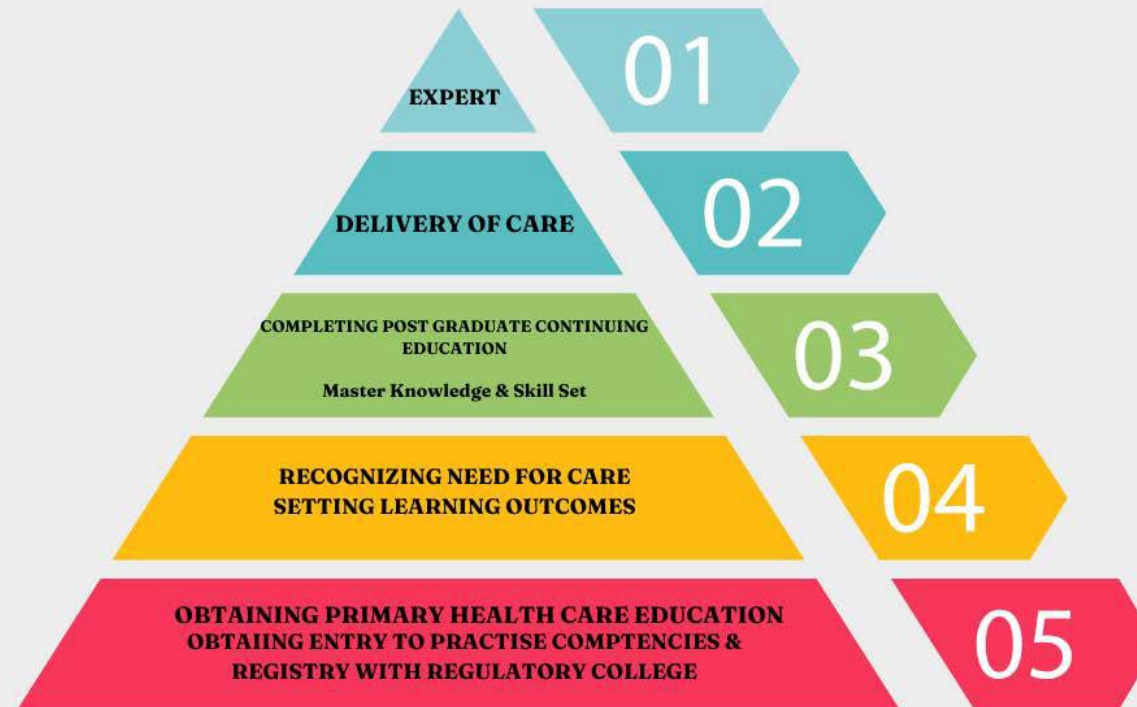
Promotes you and your specialized profession obtained through your post graduate continuing education


Provides learning opportunities beyond your entry to practice in footcare to augment your practices

Set Standards of Practice for Nurses working in Medical Foot & Lower Limb Care ensuring members can work to their full scope of individual practice thus eliminating barriers and overregulation encouraging freedom, innovation and creativity

The Regulated Health Professions Act (RHPA)-Scope of Practice supports Nursing Foot Care in the treatment of corns, calluses, wound care, and orthotic therapy. This practice is “above the dermis” and is therefore deemed “non-invasive” and falls within the public domain.

JOURNEY TO EXPERTISE IN A SPECIALITY AREA OF HEALTH CARE





OFCA Members, Podortho® Foot Specialists (PFS) deliver essential, advanced medical foot & lower limb care and treat chronic & acute conditions.

PFS improve client(s) mobility, reduce and/or eliminate painful conditions and discomfort, prevent and reduce foot & lower limb complications utilizing non-invasive techniques, modalities and adjunctive therapies.

PFS focus on prevention strategies and provide hygienic maintenance foot and lower limb care which includes skin and nail care, wound care, treatment of strains and sprains, foot and lower limb mechanical conditions while identifying risk factors, and reducing complications that can impact one's health related quality of life.

PFS ensure preventative, chronic, and acute care is delivered at the community level in private or public health clinics, in long term care facilities and in clients homes that is solution-oriented thus reducing the demand on traditional public health institutions and primary health care providers.

Podortho® Foot Specialists Practice Concepts

FOOT & LOWER LIMB PRESERVATION

Assessments
Development of Plan of Care
Treat within Individual Scope of Practice & Legislation
(RHPA)
Client Health Teaching
Follow up Maintenance Care
Care or Researched Product Recommendations
Referrals to Allied HCP

RISK PREVENTION & OFF LOADING

Biomechanical Assessment & Gait Analysis
Footwear-Orthopedic
Orthoses (accommodative/Corrective)
Custom or Off the Shelf Orthotic Shoe Inserts
Digital Appliances
Padding & Strapping
Bracing
Wound Care (RHCP)

HYGIENIC PERSONAL CARE

Integumentary System

Nail Care
Nail Bracing
Skin Care
Tx. of Keratotic Conditions

HOLISTIC CARE & PAIN MANAGEMENT

Adjunctive Treatments

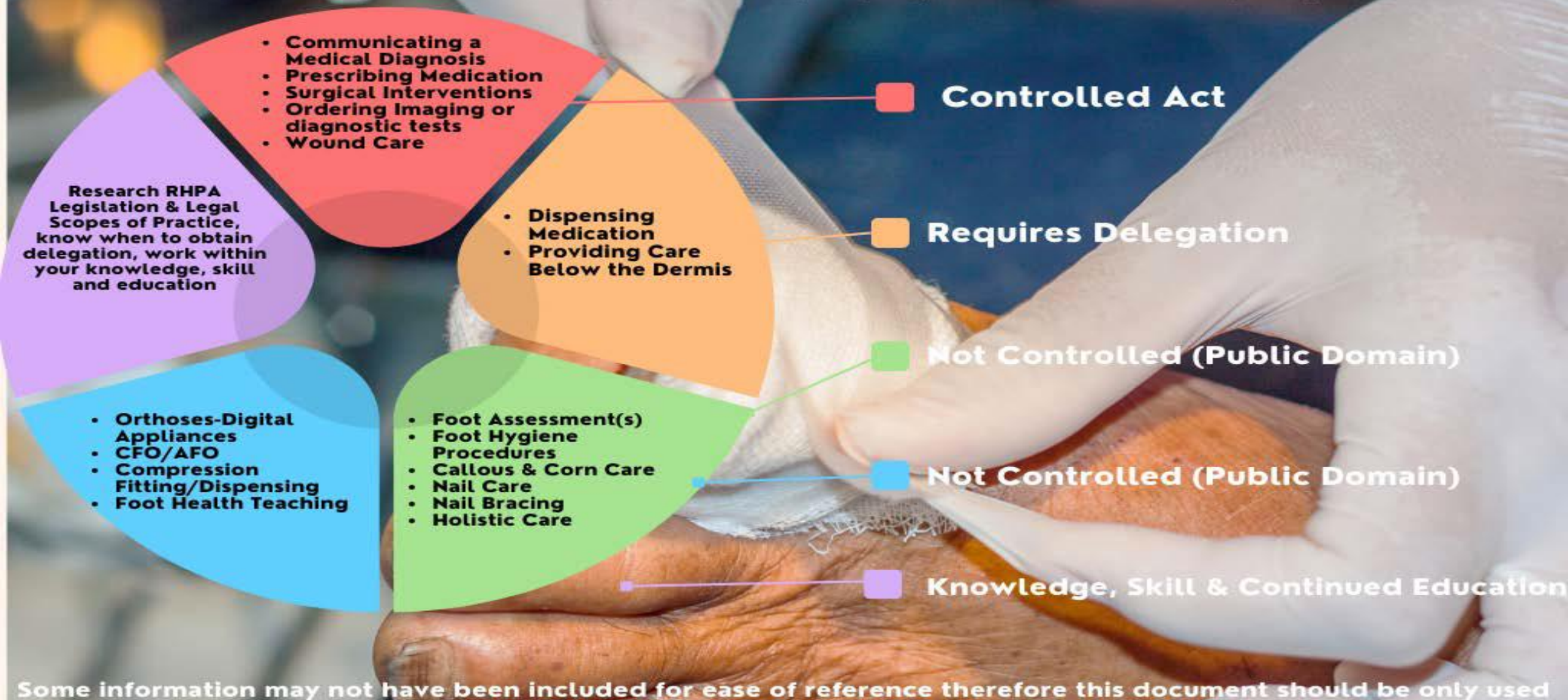
Photobiomodulation Therapy (LLLT)
Reflexology
Shockwave Therapy
Lymphatic Massage
Compression Therapy
Recommend Vitamins, Exercises, Nutrition, Wellness
Practices

Foot Care Practice Quick Reference

Controlled Acts vs Non-Controlled Acts

Know the difference & refer to the Regulated Health Professions Act of Ontario

Visit <https://www.health.gov.on.ca/en/pro/programs/hhrsd/about/rhpa.aspx>

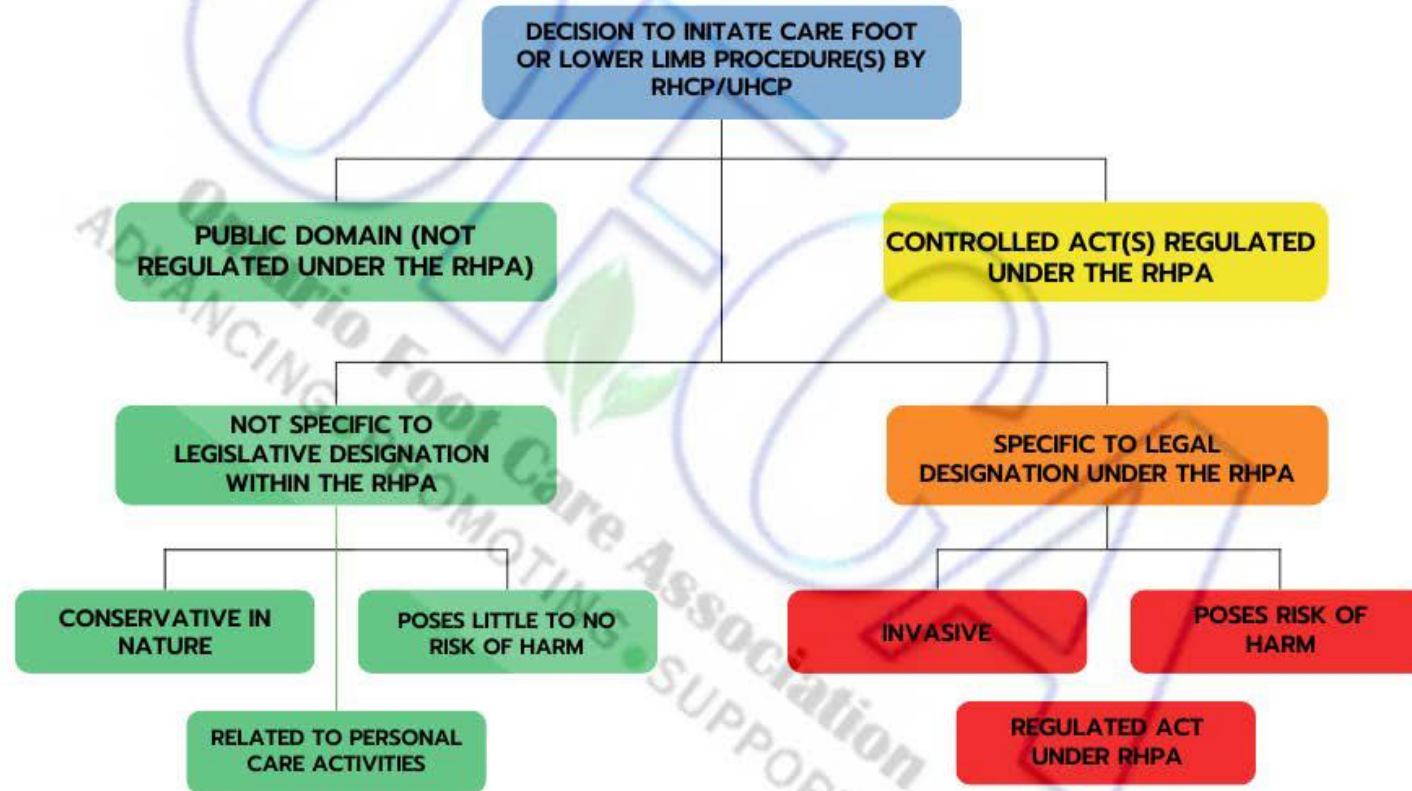


Some information may not have been included for ease of reference therefore this document should be only used as a guide. If further information is required refer to provincial legislation.

| Initiation of Care R/T: Developed Independent Scope of Practice & Designation as per RHPA | Nurse (RN, RPN, NP), Other RHCP Podortho Foot Specialists | Chiroprodists | Podiatrists |
|--|--|---------------|-------------|
| Communicate a Medical Diagnosis | Only RN (EC) | ✗ | ✓ |
| Communicate a Nursing Diagnosis | ✓ | ✗ | ✗ |
| Provide Nail Care (Nail Bracing, Debridement, Cutting) | ✓ | ✓ | ✓ |
| Remove Callouses/Corns | ✓ | ✓ | ✓ |
| Remove Ingrown Toenail (Non-Surgical) | ✓ | ✓ | ✓ |
| Treat Plantar Warts (Conservatively to the Dermis) | ✓ | ✓ | ✓ |
| Remove Ingrown Toenail (Surgically Cutting into Subcutaneous Tissue) | ✗ | ✓ | ✓ |
| Assess, Measure and Fit For Orthoses | ✓ | ✓ | ✓ |
| Assess, Measure & Fit for Compression Therapy | ✓ | ✓ | ✓ |
| Utilize Non Invasive Adjunctive Therapies (Photobiomodulation LLLT, Shockwave, Class 3b & 4 Laser) | ✓ | ✓ | ✓ |
| Wound Care | ✓ | ✓ | ✓ |

Controlled Acts (RHPA1991) Vs. Public Domain

Ontario Foot Care Associations Decision Tree





1. Advocation

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Insurance coverage for your clients when care is provided by OFCA Members and acknowledgment of your RHCP status as Nurses/Podortho Foot Specialists



OFCA has been lobbying health insurance companies, organizations, associations, insurance boards and regulatory colleges to acknowledge the care our member Podortho Foot Specialist (Nurses) who are Regulated Health Care Providers.



Resistance occurred over the years however, OFCA stood firm and pushed back against a narrow narrative that nurses only provide home care as many of our members now own and operate their own physical clinics.



Most reputable insurance companies now cover footcare services performed by RPN's and RN's not just in a clients home but, also in clinical settings.



OFCA website provides a forum on our website for your clients to submit complaints to the Insurance Ombudsman of Ontario in the event your clients are denied insurance coverage when provided by our qualified members who list their OFCA Registration # on their clients receipts along with their CNO Registration #



Private Health Insurance Standards in Ontario

Governed by the Ontario Insurance Ombudsman and the Financial Service Regulatory Authority (FSRA)

- Set regulations to ensure insurance claims are assessed fairly, nonbiased and in the best interest of the public
- Ensures the public has a choice as to which regulated health care provider, they wish to receive care from.
- Ensure that insurers are not anti-competitive, allow for innovation to service the needs of the public





2. Elevation of Education

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Nurses providing medical foot and lower limb care must prove they are qualified. We are NOT glorified Aestheticians, are we? Although they are great!

Nurses are RHCP who have acquired entry to practice competencies through rigorous education and testing and have continued to advance their knowledge, skill and judgement through post graduate education and training in footcare..

Nurses are a valuable assets to our client's overall health and wellness. When one's mobility and gait are compromised it has a direct impact on their entire life.



Why do we need to elevate our education in this industry?

To gain recognition from insurance companies, allied health care providers, colleges, associations, government.



To augment your knowledge, skill and competencies in medical foot & lower limb care.



Offer additional services with confidence within your developed individual scope of practice. LLLT, Shockwave Therapy, Orthotic Therapy, Holistic Modalities



This is attainable through your membership with OFCA and Fast Track Podortho Foot Specialist Program offered through Feet for Life School of Podortho Foot Specialists

Valued Advanced Foot Care Education

Have you ever had a client who
your treated who said to you “I
have foot pain”?

What did you do?

- This happened to me 22 years ago. I wanted to help my client. But I only knew how to provide skin and nail care.
- Do you have the tools to offer care to assist your clients?
- Did you refer to another HCP?
- Why?
- You need to learn more to be able to provide a whole of patient care approach to your care, don't you?
- We will show you how!



3. Promotion of the Podortho Foot Specialists (RHCP/Nurses)

Self
Care

SELF
LOVE

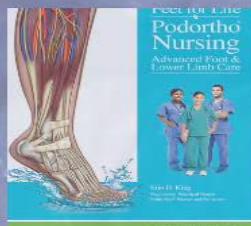


MENTAL
health
CARE

WE ARE RPN'S

**WE ARE ENTREPRENEURS!
WE ARE FREE!
JOIN US & NEVER LOOK BACK!**

Work-Life-Freedom



www.feetforlife.ca/education.ca

A group of diverse people in a meeting, smiling and holding up colorful sticky notes. The image is a blurred background showing a group of people in a meeting. In the foreground, a woman with long dark hair is smiling and looking upwards. Behind her, another woman with blonde hair is also smiling. In the background, a man is holding up a pink sticky note. Other people are visible, some holding up blue and green sticky notes. The overall atmosphere is positive and collaborative.

4. Provide Learning Opportunities OFCA Standard Curriculum

Introduction to the foot & Lower Limb
OFCA-101

Developing an independent Scope of practice within
legislated designations, Core Competencies, Standards of
Practice
OFCA-102

Multidisciplinary Concepts
OFCA-103

Anatomy & Physiology of the lower legs & feet
OFCA-104

Characteristics of the aging foot
OFCA 105

Microbiology
OFCA-106

Infection Protection & Control
OFCA-107

Occupational Health & Safety
OFCA-108

Nail Pathology
Conditions & Diseases
OFCA-109

Soft Tissue Pathology Conditions & Diseases
OFCA-110

Optimal Foot & Lower Limb Functions
OFCA-111

Structural Deformities of the Foot
OFCA-112

Foot & Lower Limb Assessment & Documentation
OFCA-113

Instrumentation & Supplies
OFCA-114

Foot & Lower Limb Care Procedures
OFCA-115

High risk Client Concepts
OFCA-116

Diabetic Foot & Lower Limb
OFCA-117

Peripheral Vascular System & Disorders
OFCA-118

Lower Limb Lymphatic System
OFCA-119

Compression Therapy
OFCA-120

Neurological System & Disorders R/T Lower Limbs & Feet
OFCA-121

Biomechanical Assessments
Gait Analysis
OFCA-122

Orthoses-Digital & Foot Appliances, Padding,
Strapping, Bracing
OFCA-123

Footwear Concepts
Assessments, Recommendations of Styles & Brands
OFCA-124

Common Conditions of the Foot & Lower Limb
OFCA-125

Introduction to Wound Care
OFCA-126

Foot & Lower Limb Client Education
OFCA-127

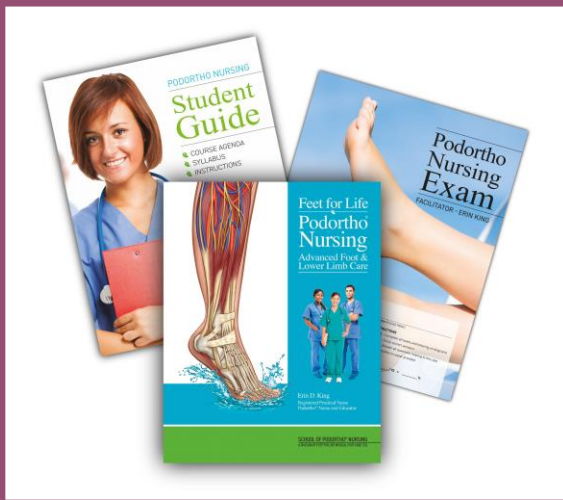
Introduction to Evolving Conservative Technologies
OFCA-128

Clinical Practice Concepts
OFCA-129

Entrepreneurial Concepts & Practice Set Up
OFCA-130

Practical Evaluation
OFCA-131

OFCA Written Examination
OFCA-132



FAST TRACK PODORTHO FOOT SPECIALIST PROGRAM

Offered to only to Debroah's students and conference attendee's who have completed a nursing foot care program.

- Feet for Life School of Podortho Foot Specialist Two days of live online theory with advanced theoretical concepts to address all your clients concerns. No need to refer any longer.
- Textbook mailed to student with Swag.
- 1 day Clinical with Deborah at her clinic.
- One-year complementary membership with OFCA.
- Complementary seven module online orthotic therapy program.
- Discounts on OFCA continuing education courses (Photobiomodulation/LLLT) heal wounds, repair injuries, provide post surgical repair. Learn from OFCA's Educator, RN, BScN, M.Sc. with 30 years of research in the industry.
- Insiders' information on legislative changes and funding opportunities.
- Resource Care Partners Discounts.
- Learn Trade secrets no one will tell you.
- \$1,500.00 covered by NEI (if not used in the recent fiscal year)



5. Standards of Practices for Podortho Foot Specialists Set by OFCA



Advancing-Supporting-Qualifying Our Members

**ONTARIO FOOT & LOWER LIMB CARE
GUIDANCE TO STANDARDS OF PRACTICE**

A GUIDE FOR REGULATED HEALTH CARE
PROVIDERS, PODORTHO®
FOOT SPECIALISTS DELIVERING ADVANCED AND
ESSENTIAL COMMUNITY FOOT AND LOWER LIMB
CARE ACROSS ONTARIO, CANADA



Developed by OFCA Director's working at point of care appreciating practise to practise concepts

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SCHOOL OF
P O D O R T H O
FOOT SPECIALISTS
**FOR NURSES AND HEALTH CARE
PROVIDERS**

feetforlife.ca/education



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