

*What will the nurse do?*

A registered nurse will provide non-invasive (no pain, no blood) treatment of corns and calluses. Our nurses also offer practical tips for self-care.

The nurse examines the foot, looks for circulation problems and checks for any wounds or infection. If a problem is found, the nurse will suggest the person see their individual physician or offer a list of podiatrists or other health care professionals available in the area who can offer a thorough evaluation and follow-up treatment. We do not provide medical care, but offer basic foot care. Service takes approximately 45 minutes to 1 hour. Appointments should be made in advance by calling the 503-222-2194. Please bring a towel when you come to the clinic.

*Take care of your feet and they'll last a lifetime!*

*Foot care is healthy and relaxing!*

For information regarding days and times when foot care is provided, please call:

**St. James Nursing Clinic**

503-227-2439

1315 SW Park Avenue  
Portland, Oregon 97201

*Across Jefferson Street from the Portland Art Museum*

Nancy Cutler, RN    Ann Thomas, RN

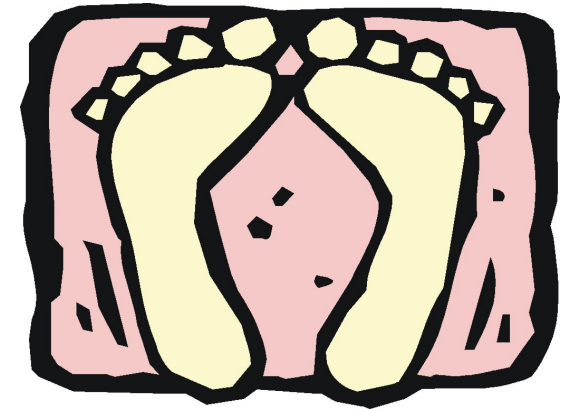
*The Importance of Foot Care for the Diabetic?*

Diabetes affects 15.7 million Americans and is the most frequent cause of non-traumatic lower limb amputations. However, many amputations can be prevented through education and regular evaluations of the feet by a health care professional. Education, through individual counseling sessions, can lead to the prevention of amputations and, in the end, saves health care dollars. In the one-on-one sessions, the nurse gives the patient some basic, yet essential, information about foot care for the diabetic.

*Goals*

The goals of St. James Foot Care Clinic are:

- ✎ to provide foot care by specially trained registered nurses
- ✎ to provide help remaining independent and active



**St. James Nursing Clinic**

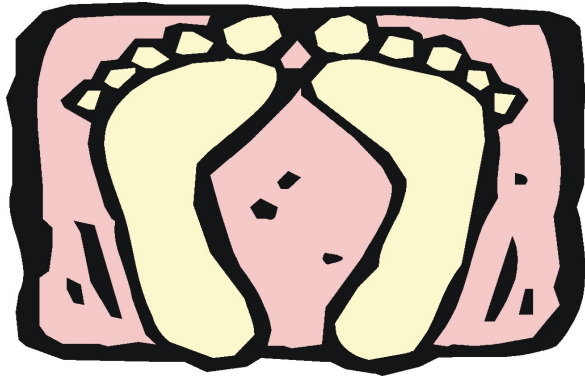
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## St. James Nursing Clinic

*Foot care is vital to your health & happiness!*

Foot care is important for everyone and a problem for many. Are you having difficulty taking care of your feet? You will benefit from St. James Nursing Clinic special foot care if...

- ☞ you have limited ability to reach your feet
- ☞ you have vision problems that make it difficult for you to see your feet well enough to perform your own foot care
- ☞ you have limited strength or agility in your hands
- ☞ you have thickened nails that are difficult to trim
- ☞ you rely on others to trim nails who are often unavailable

At the St. James Nursing Clinic, we will soak your feet, trim and file nails, clean nails, assess for general foot problems, check for sensation problems, give foot massage, teach and give handouts, and refer you to a doctor if needed.

Taking care of one's feet through proper toenail clipping, filing and soaking can make a tremendous difference in reducing the incidence of foot problems and increasing one's sense of well-being. Unfortunately, as a person ages, vision difficulties, manual dexterity problems, and lack of endurance can make it hard to properly take care of one's feet.

Foot and toenail disorders affect over eighty percent of the population and are very common for seniors. Keeping your feet healthy increases comfort and functionality and can prevent limb-threatening complications.

People who benefit most from this program include those with:

- ☞ diabetes
- ☞ arthritis
- ☞ strokes
- ☞ limited vision
- ☞ difficulties in caring for their feet

*When the Feet Feel Good, You Feel Good!*

The proper cutting of toenails and keeping corns and calluses under control are of extreme importance as this really does make a difference in how the rest of the body feels.

Proper foot care and nail trimming helps to prevent infection and disease. Foot care is especially important for individuals with diabetes or poor circulation.

*What does a foot care session include?*

A registered nurse trained in foot care provides "hands-on" care including:

- ☞ foot bath
- ☞ cleaning
- ☞ nail trimming
- ☞ treating ingrown toenails
- ☞ buffing corns and calluses
- ☞ foot massage
- ☞ nursing advice
- ☞ checking for infection
- ☞ padding as indicated
- ☞ teaching good foot care
- ☞ checking weight, blood pressure and pulse
- ☞ referral to a podiatrist or physician, as needed.

At the St. James Nursing Clinic, a Registered Nurse assesses current and potential foot problems such as:

- ☞ corns
- ☞ fungal toenails
- ☞ ingrown toenails
- ☞ diabetic foot care
- ☞ calluses
- ☞ athletes foot

*What is the cost?*

Initial Visit: .....\$30.00  
Follow-ups: .....\$25.00

*A limited number of patients may qualify for prices on a sliding scale.*