



Foot and nail care

WHAT YOU NEED TO KNOW

Information sheet for residents and their loved ones.

What is basic foot and nail care?

Basic foot and nail care is typically provided by the staff at the residence. Services include trimming normal nails, comfort and esthetic care such as applying nail polish, and referrals to a foot care specialist if necessary.

What are foot care services, and who are they for?

Foot care services are provided by trained health professionals and focus on preventing and treating skin and nail conditions. Foot care services are designed for individuals who are more prone to complications because of their health condition.

If your health condition—or that of a loved one—requires specialized care, it is essential to consult a foot care specialist for safe and appropriate treatment.

How to find a foot care specialist?

The following information will help you choose a qualified professional who can provide safe and appropriate foot care. If you require more information about foot care, the head nurse is available to assist you.

On the back of this document, you will find a **description of the professionals** who are able to provide the care and services you need. We recommend consulting one of the following accredited associations, or a graduate of a recognized training institution. This will ensure the professional has:

- The required training;
- A valid permit issued by a professional order whose primary mission is to protect the public;
- The skills needed to coordinate follow-up with the care team.

Auxiliary nurses have a permit issued by a professional order whose primary mission is to protect the public.



Useful resources

- Directory of members of the **Association des infirmières et infirmiers auxiliaires en soins podologiques du Québec**:
aiiaspq.org/
- Directory of members of the **Association des infirmières et infirmiers en soins podologiques du Québec**:
aiispq.org/a-propos/bottin-des-membres/

Description of qualifications

Foot care		
Accreditation and training	Healthcare professional	Nature of care
Nurse clinician University degree (B.Sc.N.) 4,725 hours plus 180+ hours of foot care	Member of the Ordre des infirmières et infirmiers du Québec (OIIQ)	- Evaluates foot and leg health to create a therapeutic nursing plan and provide foot care. - Can prescribe medications and refer patients to other health professionals as needed. - Can delegate care to an auxiliary nurse.
Nurse College diploma (DEC) 2,145 hours plus 180+ hours of foot care		- Evaluates foot and leg health to create a therapeutic nursing plan and provide foot care. - Can refer patients to other health professionals as needed. - Can delegate care to an auxiliary nurse.
Auxiliary nurse Diploma of vocational studies (DEP) 1,800 hours plus 180+ hours of foot care	Member of the Ordre des infirmières et infirmiers auxiliaires du Québec (OIIAQ)	- Provides hygiene and maintenance care. - Provides foot care on the orders of a nurse practitioner, foot care nurse, podiatrist, or doctor.
Podiatry University degree 4,083 hours	Member of the Ordre des podiatres du Québec (OPQ)	Performs acts to identify, treat, and prevent localized foot conditions not related to systemic conditions.

Foot hygiene and maintenance		
Accreditation and training	Foot care professional	Nature of care
- Esthetician¹ - Foot care specialist² - Pedicurist - Foot hygienist - Naturopathic foot care specialist Foot care courses ranging from 8 to 180 hours	Foot care training is unregulated in Québec and is not recognized by the Ministère de l'Éducation.	- Foot care services are provided to healthy individuals with no risk factors. - Services include trimming normal nails, and comfort and esthetic care such as applying nail polish. - Not qualified to diagnose or treat foot conditions requiring a referral to a health professional.
¹ Some estheticians may have high school-level training. ² In Québec, the role of a foot care specialist is similar to that of a pedicurist.		

Source: Denise Pothier Santé Plus

Reference:

- Rapport du comité d'experts cliniques 2020, (Ordre des infirmières et infirmiers du Québec, Ordres des infirmières et infirmiers auxiliaires du Québec and Ordre des podiatres du Québec)