A Foot Care Program for Hispanic Elders: How Evidence Directed Development
Annette E.D. Etnyre, RN, MSN, CFCN
University of the Incarnate Word/St. Philip of Jesus Ministerio de Salud
Perla Zarate-Abbott, Jean Deliganis, Sara Kolb

**Problem:** Rates of diabetes among Hispanics increase with age and poverty. Complications including peripheral neuropathy increase with age. Insensate feet are a major risk for non-healing foot ulcers and amputations.

**Evidence:** The South Central sector of San Antonio is 82% Hispanic and 34% of the population live below poverty level. Diabetes prevalence, hospitalization rate, and mortality are greater in South San Antonio than the rest of the county or state. Identification and management of foot complications and appropriate self-management education can prevent amputations. A model of health promotion for community residing elders developed from a synthesis of relevant literature emphasizes that environment, relationships and self care abilities must be addressed. Tailoring health interventions for Hispanics is advocated to promote better outcomes.

**Strategy:** Goals are to provide access to no-cost foot screenings, foot care, and self-care education. Procedures were developed from the Lower Extremity Amputation Prevention Program, the National Diabetes Education Program and the Foot and Nail Care Certification curriculum. The program, funded by DHHS grant D 11 HP05196, is implemented at senior centers where El Ministerio de Salud has established health promotion relationships. All nursing interventions are available in English and Spanish. Cultural values of personalismo, respeto and dignidad are honored.

**Practice Change:** This additional component of health promotion enhances the outreach of El Ministerio de Salud.

**Evaluation:** Outcomes collected by interview include client understanding of program purpose, incorporation of self assessment skills, improved condition of skin and nails, and follow up on referrals.

**Results:** Since June, 2006, 425 clients have had initial assessments and education and 210 of these have had at least one additional visit. Outcome evaluation is ongoing. Trends from interviews (n=42) indicate improvement in client awareness of importance of foot care (93%), self care practices (86%), and foot health (86%). Recommended referrals were kept by 66% of clients (n=12).

**Recommendations:** Bring nursing interventions to clients in the community.

**Lessons Learned:** Repetition of recommendations for referral is essential.
Bibliography:


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