

Foot care nursing resources

Professional care

Lower Mainland Foot Care Nurses Association

- The cost of foot care services varies by nurse.
- Most nurses offer home and hospital visits.
- Find a nurse near you: bit.ly/fcn-map or scan the QR Code



Evelyn Coxon, registered nurse

- Provides services at community locations in Burnaby
- Cost: \$50 per session (by appointment only).
- To book an appointment:
 - Cell: 778-228-6021
 - Email: becoxon@gmail.com

Foot Care Clinic Toe to Toe - Margaret Tarnowski, registered nurse

- Location: 2615 St Johns Street, Port Moody
- To book an appointment:
 - Office: 604-939-4325
 - Cell: 604-970-3876
 - Email: info@diabeticfootcarenurse.com

Outreach Resource Centre (free of charge, first come, first served)

- For people who live in Burnaby and cannot access other foot care nurse services
- Location: Neighbourhood Community Church, 7135 Walker Avenue, Burnaby.
- Clinic hours: Most Thursdays from 9 a.m. to 11 a.m.

Online resources

Scan the QR code to see this resource sheet with hyperlinks in your browser.

- **Diabetes Canada:** Information on diabetes and tips for foot care. bit.ly/48a3s2C
- **American Podiatric Medical Association:** Comprehensive resources on foot health. apma.org
- **Pedorthic Association of Canada:** Specialists in custom orthotics, orthopedic footwear, and braces. bit.ly/408dYW8
- **Foot Health Facts:** Articles on various foot conditions and treatments. foothealthfacts.org
- **Mayo Clinic:** Expert advice on maintaining healthy feet. mayoclinic.org



Useful products

These products are available at a cost.

Moisturizers for dry skin:

- Atrac-Tain Cream (10% Urea) – Available at Regency Medical Supplies
- Urisec Cream (10% or 22% Urea) – Available at Shoppers Drug Mart
- Uremol Cream (10% or 20% Urea) – Available at Shoppers Drug Mart
- Ure Derma Cream (10% or 20% Urea) – Available at London Drugs
- Dermal Therapy (22% Urea) – Available at London Drugs, Shoppers, and Costco

Soaks (for non-diabetics):

- **Epsom salts:** Helps with muscle soreness and stress.
- **White vinegar soak:** Mix one-part white vinegar with two parts warm water. This mixture has natural antibacterial properties to help reduce foot fungus, prevent odour, and soothe dry feet.

Foot care tools:

- Pumice stone
- Nail clippers
- Foot files
- Non-breakable hand mirror (to look at the bottom of your feet)

Footwear tips

- Choose shoes that fit well and provide good support.
- Avoid high heels and shoes with narrow toe boxes.
- Replace your shoes every eight months.

Circulation tips

- Lift up your feet at the level of your heart when sitting to improve circulation.
- Exercise regularly to keep healthy blood flow to your feet.

General foot care tips

- Look at your feet daily for cuts, blisters, dry or cracked skin.
- Gently clean your feet daily with lukewarm water and mild soap. Make sure to dry between your toes.
- Always wear slippers even at home. Avoid going barefoot.
- Change your socks daily. If you have diabetes, wear diabetic socks with extra padding and no elastic tops (preferably white).
- Have your feet looked at by a health care professional at least once a year.
- If you have pain or discomfort, wear cushioned insoles or orthotics. Talk to a podiatrist if you have continuing foot pain or discomfort.

