

## **Off loading – Instructor lesson plan**

### **Aims**

To explore how to apply pads to reduce pain

Age range secondary school (12 -16yrs)

Numbers up to 18 per facilitator (hands-on practical session)

Duration 60-90 minutes

### Equipment

- **Corn kernels** (e.g. wheat grains or kernels used for popcorn)
- Podofix (or similar) Blunt/sharp dressing scissors
- Clinical padding one of each of The 3 types of clinical padding material:
- Semi compressed felt (white) 1mm, 5mm and 7mm thickness
- Foam (pink) 5mm
- Fleecy web (pink) 1mm
- A/V aids optional to show video

### **Learning intentions**

By the end of the session learners will be able to:

- Identify what it is like to have foot pain
- Consider the design of clinical pads to reduce pain
- Develop some of the skills required to apply effective clinical pads

### **Introduction**

Team to introduce themselves & aims from session

1. Explain learners will be working in groups of 3.
2. One member of the trio will be the patient - others will apply pads (a second corn kernel will need to be applied to the other foot)
3. Then swap round as time allows

### **Task 1 Lesion location**

Initially stick a corn kernel to the ball of your foot & CAREFULLY stand on it

### **Task 2 What is it like?**

Try to describe what the pain feels like

How painful is it on a scale of 0 -10 (0= no pain & 10 = worst pain ever)

### **Task 3**

Experiment with the 3 different types of padding to design a pad to offload pressure from the area of discomfort

### **Task 4**

Adhere your pad to the foot & see if it is effective

Ask your patient how much pain has been reduced by your pad

### **Plenary**

Here we will discuss:

- Role & properties of materials
- Methods of application
- Advantages & disadvantages of padding

There is a helpful video you can use