

Redressing a toe – Instructor Lesson Plan (where practicable use this in conjunction with the Infection and Prevention Control Plan)

- To understand why it is necessary to cover wounds, especially on the feet and have a try at dressing a wound hygienically

Age range: Secondary School (12-16) years

Number: Up to 35

Duration: Up to 1 hour

Equipment

Pack for dressing toes containing – 1 for each student

Tubigauze size 12 – 10cm strip

Mefix or similar adhesive plaster – 10cm strip

Melolin or similar non-adherent dressing (1)

Worksheet

Learning intentions

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

- Identify the risks from microbes to those with wounds
- Identify the importance of covering wounds – especially those on the feet
- Learn the technique for dressing a great toe hygienically

Task 1 – Ask students how do wounds occur?

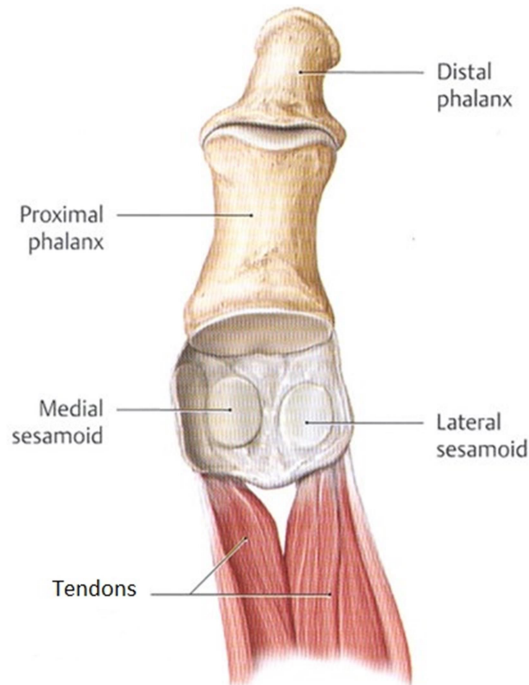
Ask learners how wounds occur – do they identify accidents and intentionally from surgery?

Task 2 – Ask Learners to identify why this is particularly important on the feet

- Feet are far more likely to encounter microbes than other body parts due to the fact they are on the floor where items could be spilled, or if in the shower or bath, may encounter microbes washed-off other areas of the body

Task 3 – Ask learners to look at the anatomy of the ‘great’ toe, anatomically known as the Hallux and identify the main bones and tendons contained within.

This is the correct answer



Task 4 - Attempt the toe dressing exercise. This is easiest in pairs, dressing each others ‘big’ toes. If students are particularly reluctant they can either attempt to dress each other toes, or in extremis, thumbs.

Task 5 Reflective task

Ask learners to reflect on what it felt like to be ‘the patient’, and what it felt like to be ‘the podiatrist’

Toe dressing workbook

Date:

Your name:

Instructors name:

Introduction

Welcome to this short session about the importance of wound care and toe dressing. You will be working in pairs to identify what risks there are to patients with wounds, and to find out how effective your toe dressing technique is.

Today we aim to explore what microbes are; how they can be harmful and also how to prevent them entering a wound. By the end of the session

- Explain why some microbes can be harmful
- How can we prevent them from entering a wound site
- Demonstrate good toe dressing technique

Task 1 – How do wounds occur?

Task 2 – Why is this particularly important on the feet?

Task 3 – Below is a drawing of the Great Toe (Anatomically known as the Hallux). Have a go at labelling the correct parts.

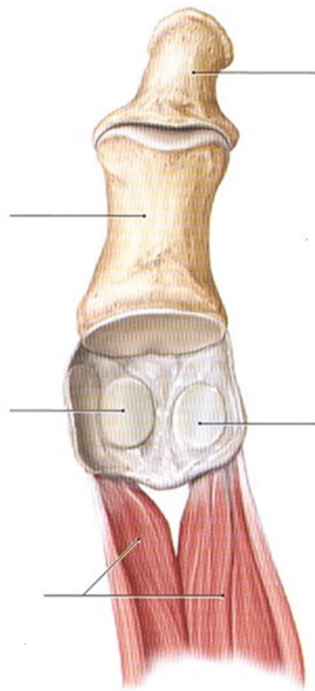
Proximal Phalanx

Distal Phalanx

Medial Sesamoid

Lateral Sesamoid

Tendon



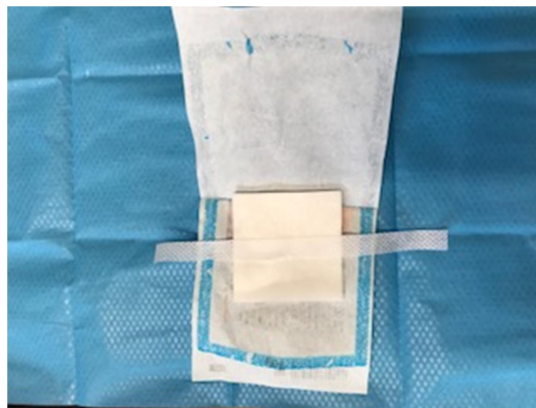
Task 4. – In pairs, attempt to redress your partners toes using the equipment provided and the instructions below

You will need 1 Dressing, 1 Piece of tape cut into two strips, a thick piece and a thin piece and a piece of tubular gauze, like the image below



Dressing your partners 'big toe'

1. Place the thin strip of adhesive plaster on one side of the special non-adherent dressing.



2. Use the piece of tape to then pick up the dressing and place it on the toe.

3. Stick the free ends of the tape down onto the toe. DO NOT wrap the tape tightly around the toe. (Hope your partner looks slightly healthier than the model in these photos)



4. Cut a length of tubular bandage, approximately $2\frac{1}{2}$ lengths of the toe. Apply the tubular bandage over the toe, twist once, then reapply the tubular bandage over the first layer.



5. Secure at the base of the toe with the thick strip of adhesive tape.



All done! How did you do?

Task 5 – Describe below how it felt to be ‘the patient’ and ‘the podiatrist’, mark your dressing attempt out of 10.

How it felt to be ‘the patient’

How it felt to be ‘the podiatrist’

Marks out of 10?