2 Feet 4 Life Foot Care Self-Management in Older Adults Without Diabetes: A Pilot Study

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**BACKGROUND**
- 1/3 of older adults have foot problems
- Improper foot care self-management → ↓ mobility, ↑ falls, & ↑ health care costs
- Foot care self-management programs in persons with diabetes shown effective
- Foot care programs for non-diabetic older adults are rare

**PURPOSE/AIMS**
- To test the feasibility, acceptability, & efficacy of the 2 Feet 4 Life self-management program on foot care knowledge, self-efficacy, behaviors, foot pain, & foot health in community dwelling older adults without diabetes mellitus (DM)

**METHODS**
- **Design:** 2 group experimental with repeated measures
- **Setting:** 2 Midwest suburban senior centers
- **Sample:** 29 older adults without DM
  - Typical subject: 73 y/o white female
  - Intervention group (I; n=15)
  - True control group (TC; n=7)
  - Bias control (BC; n=7)
- **True control:** no intervention, 4 data collection points
- **Bias control:** no intervention, 2 data collection points
- **Data Collection Times:**
  - Baseline (All groups)
  - One month (I & TC)
  - Four months (I & TC)
  - Seven months (All groups)

**MEASUREMENT TOOLS**

<table>
<thead>
<tr>
<th>Tool</th>
<th>Description</th>
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<tbody>
<tr>
<td>Foot Self-care Knowledge Questionnaire</td>
<td>Higher score = more knowledge</td>
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<tr>
<td>Foot Care Confidence Scale</td>
<td>Higher score = more confidence</td>
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<tr>
<td>Nottingham Assessment of Functional Foot Care</td>
<td>Higher score = more appropriate behaviors</td>
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<tr>
<td>Manchester Foot Pain and Disability Index</td>
<td>Higher score = more pain &amp; disability</td>
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<tr>
<td>Foot Health Score</td>
<td>Higher score = poorer foot health</td>
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**CONCLUSIONS & IMPLICATIONS FOR RESEARCH**
- Study procedures safe & feasible in older adults
- 2 Feet 4 Life & measurement tools acceptable to participants
- Group I: Modest improvements in knowledge, behaviors, & foot health
- Homogenous sample & possible ceiling effect
- **Future Research:** Larger, more diverse sample with >foot health variability
- **Additional Directions:** Refinement & psychometric testing of tools