

# 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



## 2 FEET 4 LIFE INTERVENTION

- Based on Social Cognitive Theory
- 1 hour weekly sessions x 4 weeks
- Group interaction
- Practice opportunities
- Provision of foot care supplies
  - Nippers & files
  - Pumice stone & lotion

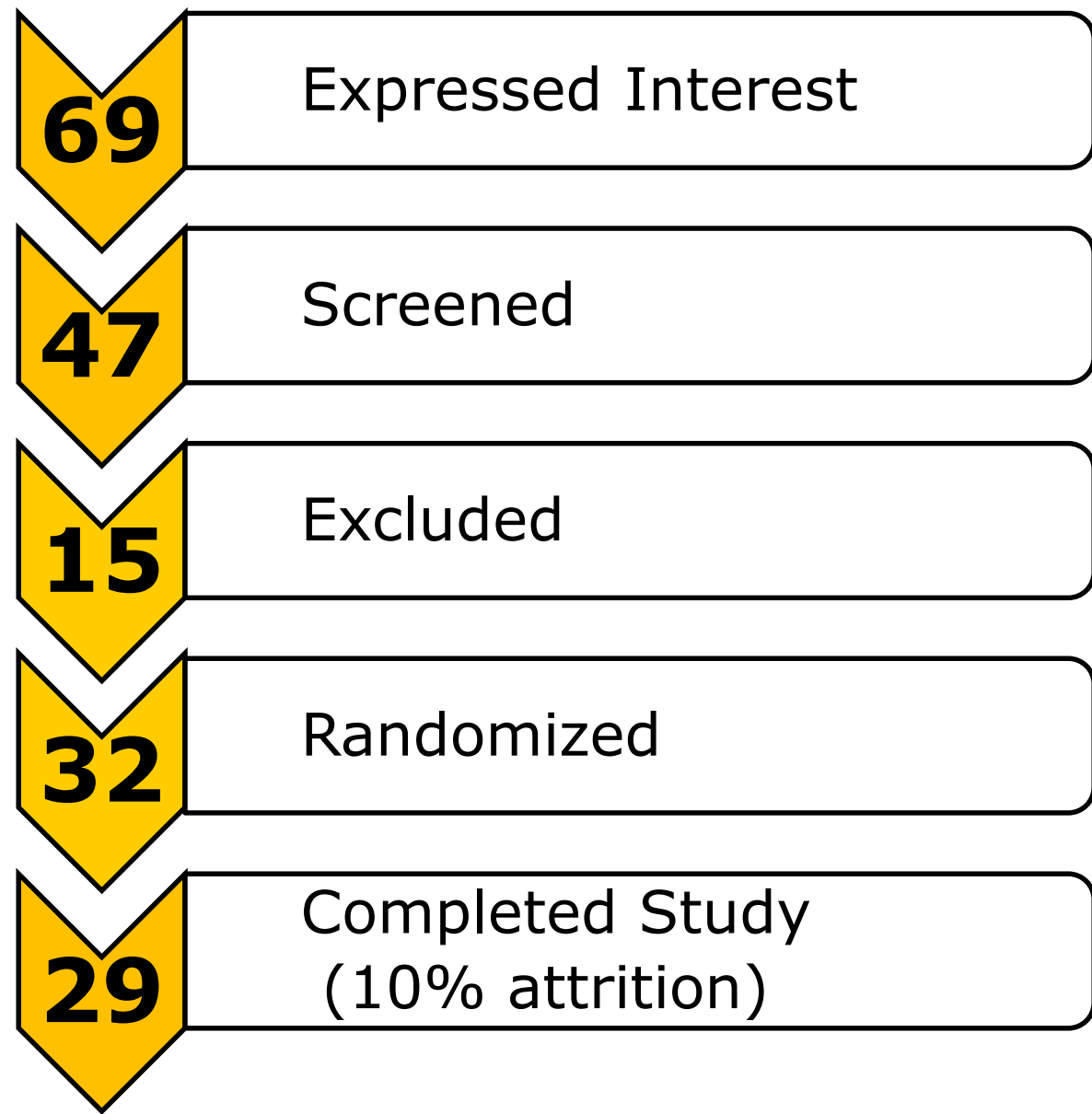
WK	TOPICS
1	Review Current Foot Care Practices Overview of Hygiene & Footwear Common Foot Problems
2	Footwear
3	Performance of Foot Care
4	Program Review and Referral



## METHODS

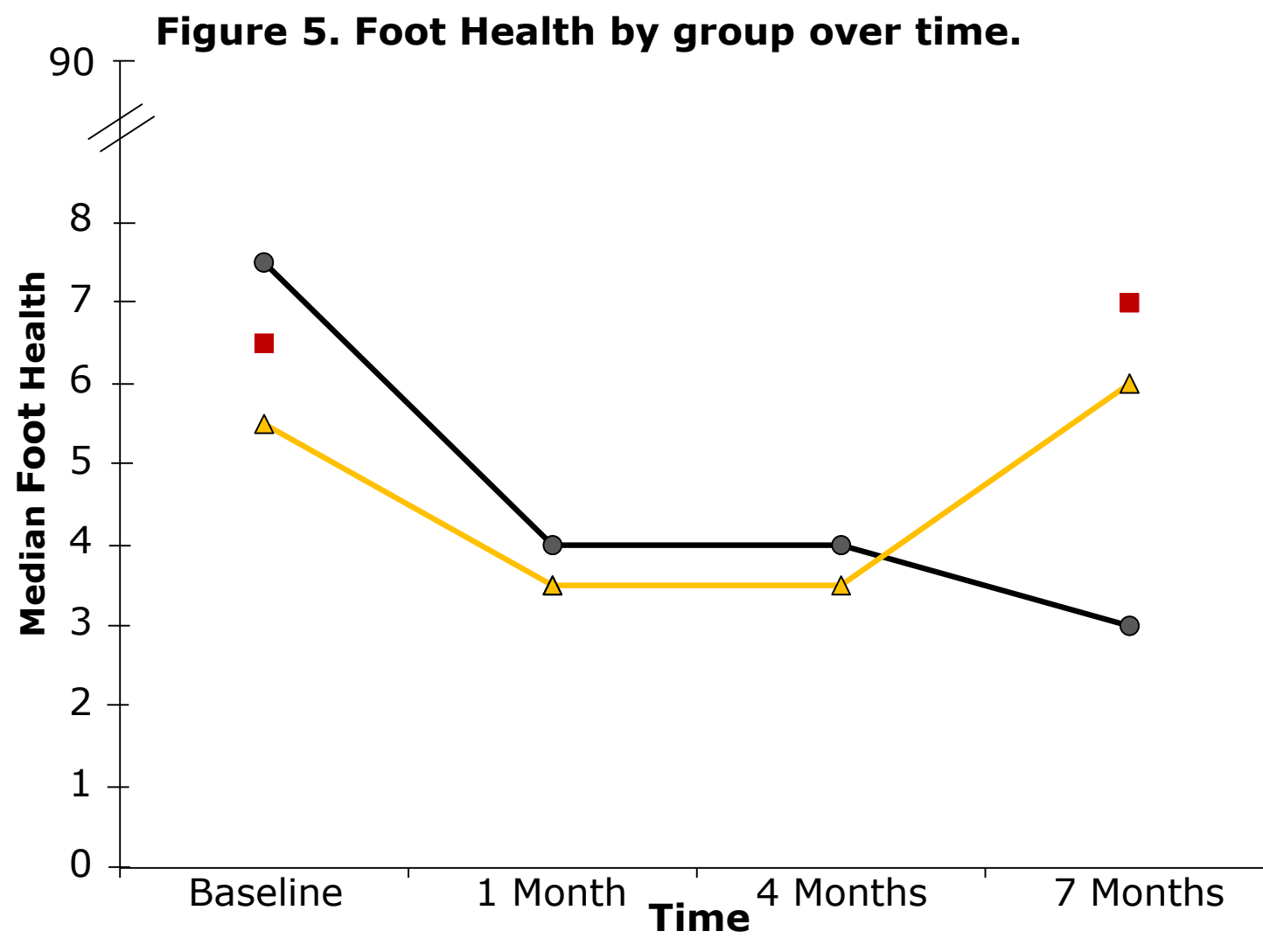
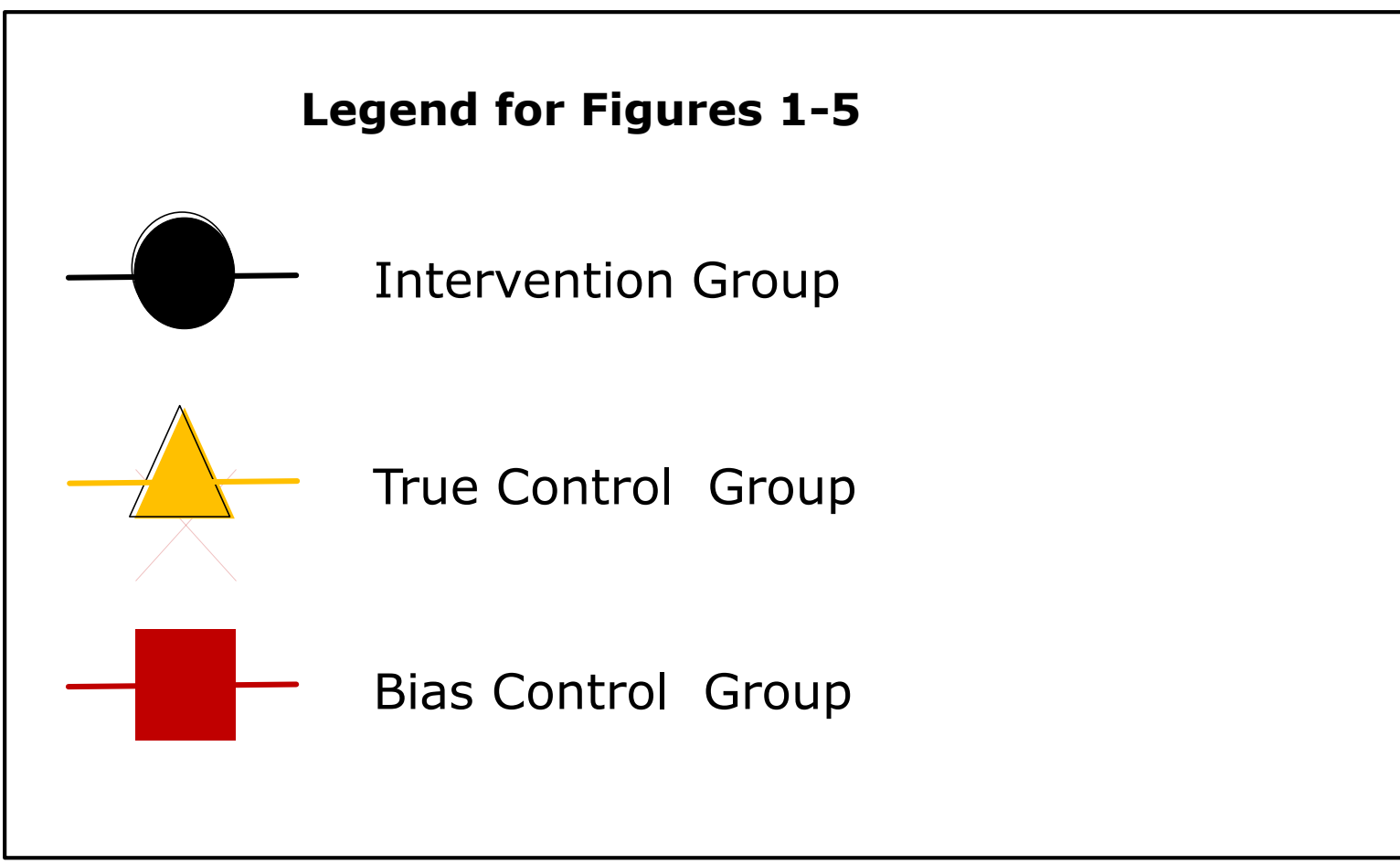
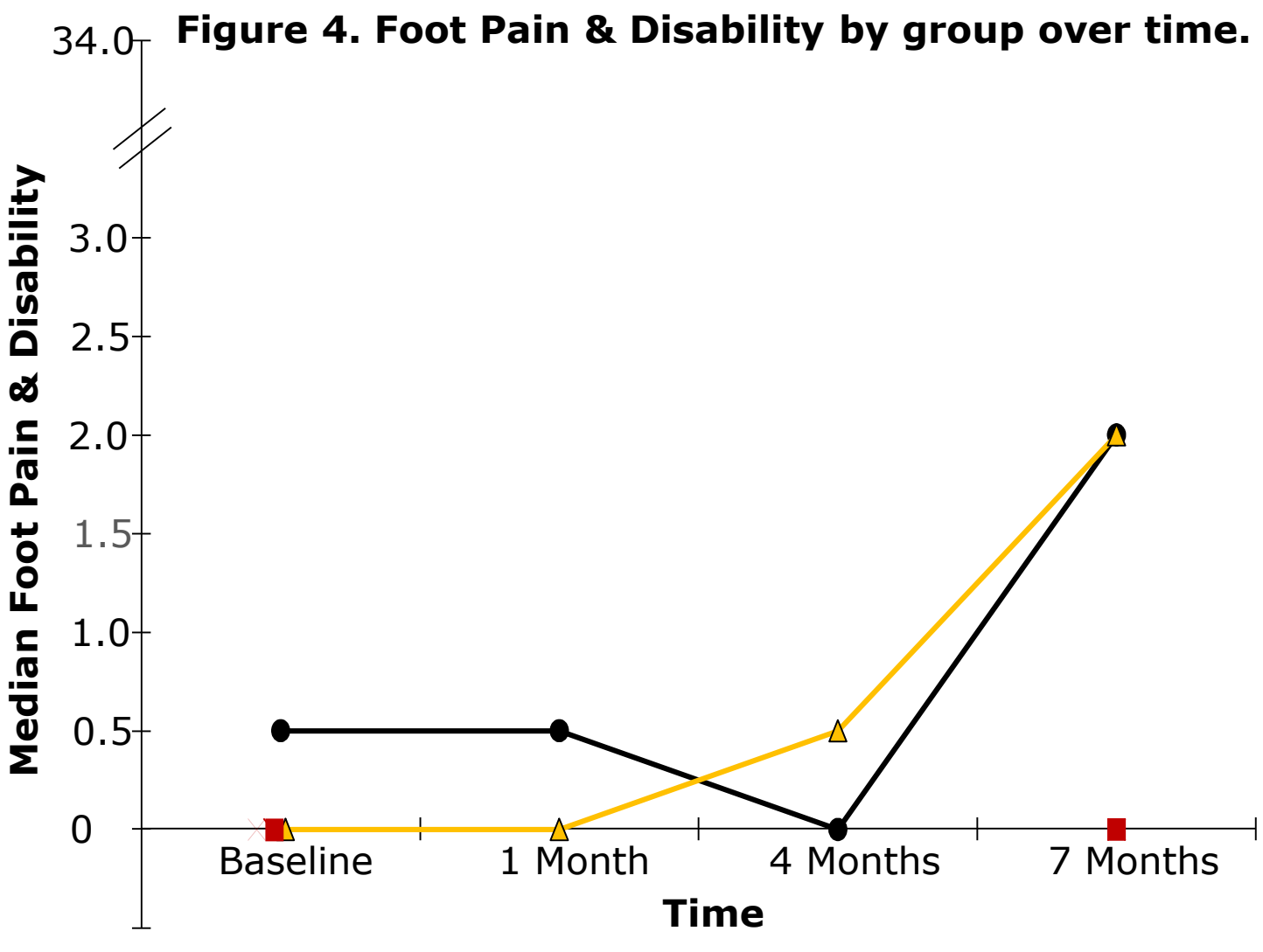
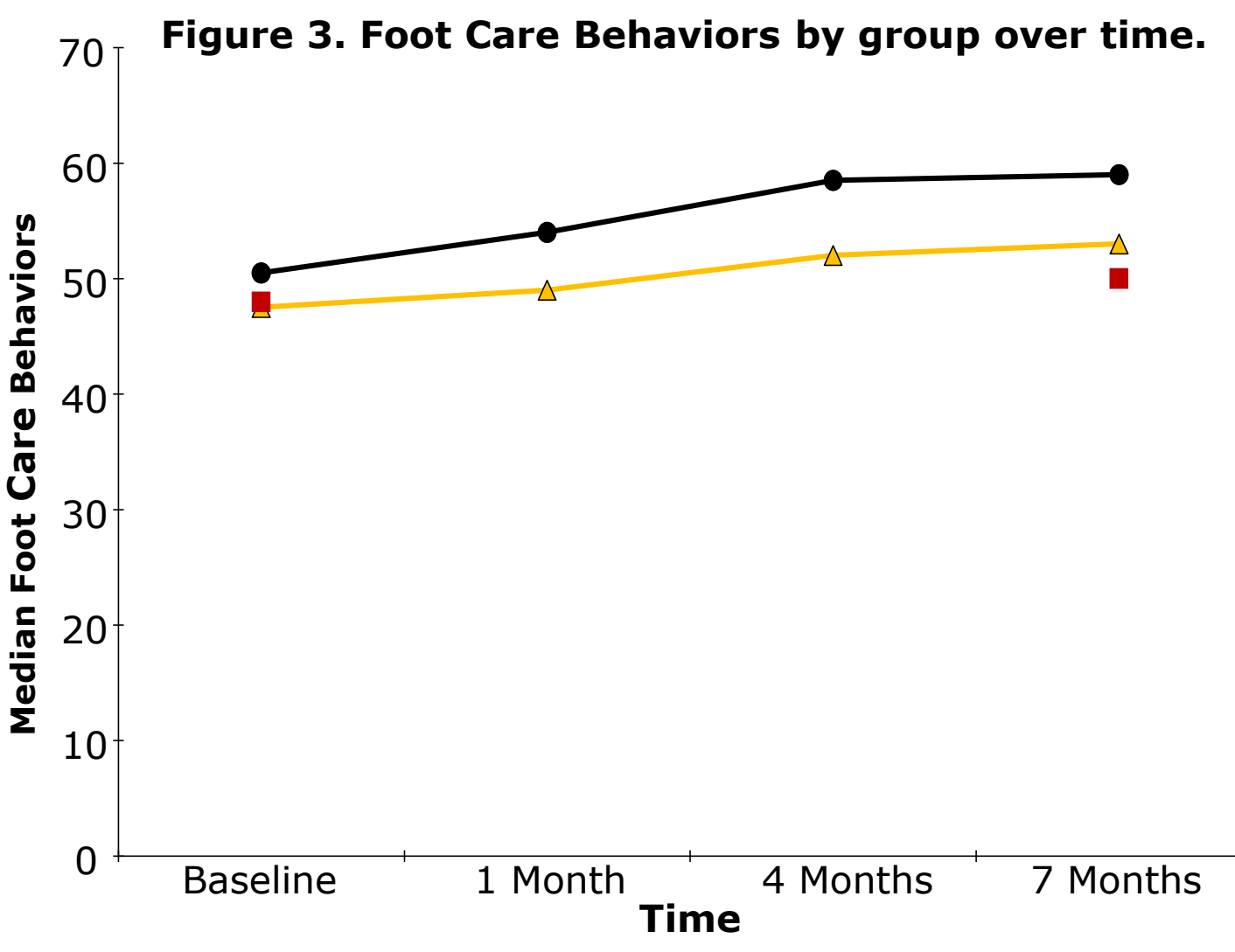
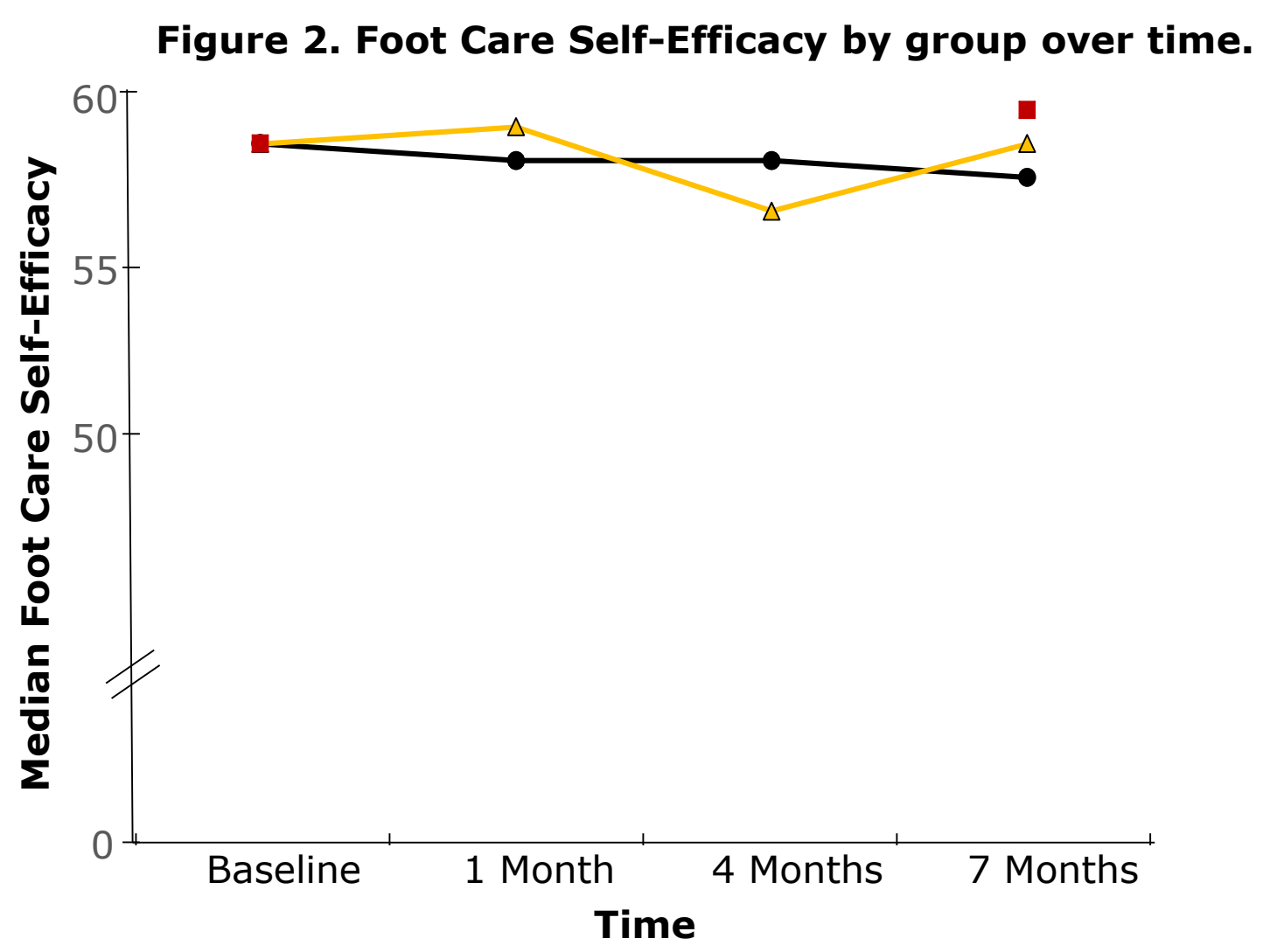
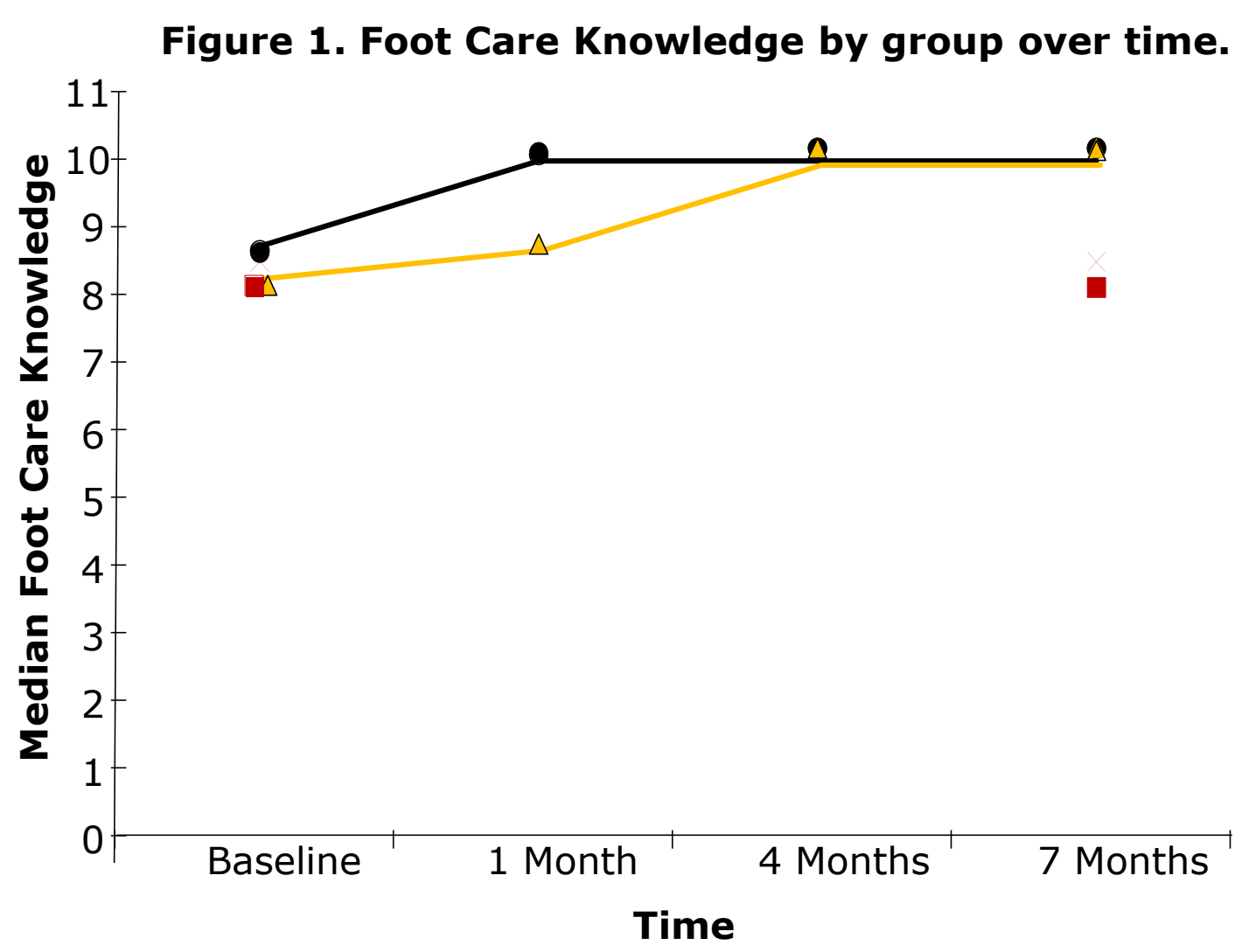
- Design:** 2 group experimental with repeated measures
- Setting:** 2 Midwest suburban senior centers
- Sample:** 29 older adults without DM
  - Typical subject: 73 y/o white female
  - Intervention group (I; n=15)
  - True control group (TC; n=7)
  - Bias control (BC; n=7)
- True control:** no intervention, 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)

## RECRUITMENT, RETENTION & ACCEPTABILITY



- 100% found session number appropriate  
88% found session length appropriate
- Difficulty with UK language in surveys (e.g., trainers for tennis shoes, mules for clogs)
- Overall, intervention acceptable & surveys not burdensome

## EFFICACY RESULTS



## 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)

## MEASUREMENT TOOLS

- Foot Self-care Knowledge Questionnaire (FSKQ)**-higher score=more knowledge
- Foot Care Confidence Scale (FCCS)**-higher score= more confidence
- Nottingham Assessment of Functional Foot Care (NAFF)**-higher score= more appropriate behaviors
- Manchester Foot Pain and Disability Index (MFPDI)**- higher score=more pain & disability
- Foot Health Score (FHS)**-higher score= poorer foot health

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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