

MDS Alert

Pressure Ulcer Prevention

Concerned That a Resident's Shoes May Be Too Small? Here's What to Do, Advises Nurse Expert

Ruth Bish, RN, recommends what she calls "a real quick and easy, down and dirty way to check shoe fit." You "put a piece of plain 8.5 x 11 paper down on the floor [and] have the resident stand on it [so that you can] trace their bare foot," said Bish, in a presentation at the recent LeadingAge annual meeting. Then "take the shoe they are wearing and lay it on top of your diagram. If there are any pieces of foot sticking out from under that shoe [diagram], you know that shoe is too tight."