

# **Meet Your Feet: a person centred multidisciplinary self-management health education program.**

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## **Background**

Meet your feet (MYF) is a multidisciplinary health education program for consumers that addresses barriers to their own foot care and improves their capacity to self-manage. MYF has been shown to have reduced demand on Podiatry services by 30 % and is underpinned by the active service model.

## **Method**

Quantitative data was collected via pre-post surveys and impacts measured on return rates for podiatry appointments. MYF participants who met the inclusion criteria of low risk foot problems, appropriate cognitive capacity and demonstrated interest in foot care self-management, attended a series of four two hour sessions run weekly.

Interactive presentations were given from Podiatrists, Occupational Therapists, Physiotherapists and Vision Australia. Activities involved goal setting, common foot problems, flexibility, safe positioning, lighting/vision, appropriate equipment use, first aid and preventative hygiene.

## **Results**

116 participants attended.

Age range 47–92, median age of 74.

50% of participants were 70 - 80 years of age.

77% females and 24% males

69 % completed the course.

### **Post MYF Course Evaluation**

97% of respondents found the information presented was mostly easy or easy to understand.

96% agreed or strongly agreed that the course topics were relevant and useful to them.

72% said the course had significant impacts on their self-management.

96% agreed or strongly agreed their understanding and knowledge about this topic has been improved by MYF.

96% agreed or strongly agreed that MYF was a good investment of their time.

## **Discussion**

Client's self – identified barriers to foot care were matched with management strategies and workshopped as a group. This dynamic helped solution generation and participants used allied health professionals (AHPs) to maximise their capacity to improve their self-care potential. MYF provided the environment that encouraged participants to take responsibility for their own health, using AHPs as partners to support them managing their feet.