

The following 2 exercises will assist you with determining your areas of strength with your existing transferrable skills, and also with identifying areas for development during your continuing education of nursing foot care skills.

Exercise #1: Nursing Foot Care Knowledge and Skills

Complete this as a pre-test using a pen. After you complete your course, redo this assessment as a post-test using a differently coloured pen and record your new score below.

Rate yourself by circling the most appropriate answer.

How would you rate your knowledge/skill with respect to:	Strongly Agree	Agree	Somewhat Agree	Disagree	Strongly Disagree
1. Assessments, treatments and plan of care for foot care?	10	7.5	5	2.5	0
2. Foot care infection prevention and control practices?	10	7.5	5	2.5	0
3. Evidence-based or reflective practice?	10	7.5	5	2.5	0
4. Foot care guidelines, practices and standards?	10	7.5	5	2.5	0
5. Risk factors that may lead to foot problems?	10	7.5	5	2.5	0
6. Normal anatomy of the nail and foot?	10	7.5	5	2.5	0
7. Biomechanics or gait analysis of the foot?	10	7.5	5	2.5	0
8. Abnormal foot structure or nail conditions?	10	7.5	5	2.5	0
9. How to proceed with your nursing foot care career planning?	10	7.5	5	2.5	0
10. Foot care knowledge and skills for persons with diabetes?	10	7.5	5	2.5	0

Your total pre-test score is: _____ Date: _____

Your total post-test score is: _____ Date: _____

Strengths: _____

Areas of development: _____

Exercise #2: Preparedness for Learning

Complete this as a pre-test using a pen. After you complete your course, redo this assessment as a post-test using a differently coloured pen and record your new score below.

Rate yourself by circling the most appropriate answer.

How would you rate your preparedness:	Strongly Agree	Agree	Somewhat agree	Disagree	Strongly Disagree
1. I can easily allocate between two to six hours/week in a quiet space in my home for assignments.	10	7.5	5	2.5	0
2. My computer and internet skills are great.	10	7.5	5	2.5	0
3. I can easily allocate extra hours for my practical and for clinical placements.	10	7.5	5	2.5	0
4. I love taking continuing education courses.	10	7.5	5	2.5	0
5. I can easily meet weekly assignments deadlines.	10	7.5	5	2.5	0
6. I find it easy to consult with colleagues.	10	7.5	5	2.5	0
7. I like to know what health-related services are available in my community.	10	7.5	5	2.5	0
8. I am a self-directed learner.	10	7.5	5	2.5	0
9. I have plans to provide foot care when I complete this program.	10	7.5	5	2.5	0
10. I have plans to implement best practice guidelines and strategies in my new foot care practice.	10	7.5	5	2.5	0

Your total pre-test score is: _____ Date: _____

Your total post-test score is: _____ Date: _____

Strengths: _____

Areas for development:
