

About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

VISION:

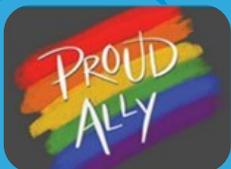
Vibrant and Caring Communities, People and Workplace

MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity

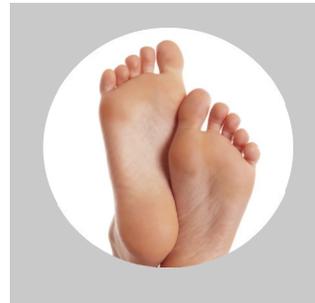


West Lorne (West Elgin CHC)

153 Main Street
West Lorne ON, N0L 2P0
T 519-768-1715
F 519-768-2548

Open Monday - Friday
except holidays and posted closure times
8:30 a.m. - 4:30 p.m. Monday, Wednesday, Friday
Tuesday & Thursday open until 8:30 p.m.
closed 12 -1 p.m. daily

wechc.on.ca



Call 519-768-1715 to discuss your needs



Nursing Foot Care

Putting your best feet forward



March 2025

The West Elgin Community Health Centre's interdisciplinary team includes a full-time foot care nurse who can help manage and prevent diseases and disorders of the foot and lower limb

Our **Foot Care Nurse** can educate you about foot health, assist in managing foot disorders, assess and carry out treatments related to your feet.

Care is provided to clients of all ages with needs related to:

- Wound Care
- Corns / Calluses
- Ingrown Toenails
- Athlete's Foot / Warts / Fissures
- Diabetic Foot Care
- Foot Care Education

Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices

How It Works

Our **Foot Care Nurse** works independently within our Interdisciplinary Team at the Centre.

Nursing foot care focuses on preventative care and managing common foot health concerns. Services provided include removal or reduction of calluses, corns, and fissures, trimming and reducing thickened toenails.

Non-infected ingrown toenails are managed by using a conservative approach.

The Foot Care Nurse provides education on maintaining health.

Referral for Appointment

You need to be referred by your Primary Care Provider or the Diabetes Education Program within the Health Centre for an appointment.

Why is Foot Health Important?

Foot Care is a life-long commitment. Foot disorders, infections and injuries can limit your mobility and have been linked to other health issues. Foot problems may also indicate more serious medical conditions like arthritis, diabetes, and nerve or circulatory disorders.

As most people are born with foot problems, neglect and a lack of awareness of proper care, including proper footwear, brings on the most foot health problems.

Some of the most common issues include corns or calluses, warts, blisters, athlete's foot and fissures.

