

**Wound, Ostomy and Continence Nursing Certification Board (WOCNCB)  
 Certified Foot Care Nurse (CFCN)  
 Detailed Content Outline**

| <i>Description</i>  | <i>Classification Code</i> | <i># of Items</i> |
|---|----------------------------|-------------------|
| <b>Domain I: Assessment and Care Planning</b>   | <b>010000</b>              | <b>40</b>         |
| <b>Task 1: Obtain focused patient health history (e.g., current medications, co-morbidities, health habits) through interviews, established medical records, and questionnaires in order to determine the patient’s current health and risk status.</b> | <b>010100</b>              | <b>10</b>         |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Medications  | 010101                     |                   |
| b. Diseases affecting the lower extremities (musculoskeletal, endocrine, neurological, vascular, integumentary, etc.)   | 010102                     |                   |
| c. Health behaviors affecting lower extremities (smoking, diet, obesity, activity level, etc.)  | 010103                     |                   |
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| <b>Skill in:</b>  |                            |                   |
| d. Active listening   | 010104                     |                   |
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| <b>Task 2: Perform focused lower extremity physical assessments in order to determine current physical (e.g., vascular, neurological, skin integrity, musculoskeletal) and mental status.</b>   | <b>010200</b>              | <b>11</b>         |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Methods for mental health assessment   | 010201                     |                   |
| b. Methods for pain assessment  | 010202                     |                   |
| c. Pain types (neuropathic, musculoskeletal, ischemic, etc.)  | 010203                     |                   |
| d. Anatomy and physiology of the lower extremities (foot, nails, bone structure, etc.)  | 010204                     |                   |
| e. Functional disabilities (gait, mobility, balance, visual, cognitive)   | 010205                     |                   |
| f. Factors reflecting vascular status (temperature, hair growth patterns, pulses, blanching, capillary refill, dependent rubor, pallor, edema)  | 010206                     |                   |
| g. Indicators of compromised skin integrity (fissures, ulcers, corns, calluses, dermatitis)   | 010207                     |                   |
| h. Physical/musculoskeletal function of the foot (range of motion, deformities, strength)   | 010208                     |                   |
| i. Neurological status of the lower extremities (sensory, motor, autonomic)   | 010209                     |                   |
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|---|----------------------------|-------------------|
| <b>Skill in:</b>  |                            |                   |
| j. Palpating pulses (dorsalis pedis, posterior tibialis)  | 010210                     |                   |
| k. Using a Doppler  | 010211                     |                   |
| l. Determining ankle brachial index (ABI)   | 010212                     |                   |
| m. Performing monofilament, vibratory, and proprioception tests   | 010213                     |                   |
|   |                            |                   |
| <b>Task 3: Develop an initial patient-centered plan of care using health history and physical assessment information to meet established foot care goals.</b> | <b>010300</b>              | <b>10</b>         |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Principles of patient-centered care  | 010301                     |                   |
| b. Normal and abnormal physical assessment results  | 010302                     |                   |
| c. Appropriate interventions (education, treatments, referrals)   | 010303                     |                   |
| d. Cultural and ethnic differences affecting foot health  | 010304                     |                   |
|   |                            |                   |
| <b>Skill in:</b>  |                            |                   |
| e. Interpreting patient assessment results  | 010305                     |                   |
| f. Setting appropriate goals based on identified patient needs  | 010306                     |                   |
| g. Planning interventions based on patient needs and goals  | 010307                     |                   |
|   |                            |                   |
| <b>Task 4: Perform ongoing evaluation and modification of the patient-centered plan.</b>  | <b>010400</b>              | <b>9</b>          |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Principles of patient-centered care  | 010401                     |                   |
| b. Anticipated responses to current interventions   | 010402                     |                   |
| c. Appropriate modifications based on responses to interventions  | 010403                     |                   |
|   |                            |                   |
| <b>Skill in:</b>  |                            |                   |
| d. Interpreting patient responses to interventions  | 010404                     |                   |
| e. Modifying goals based on patient response  | 010405                     |                   |
| f. Modifying interventions based on revised patient needs and goals   | 010406                     |                   |
|   |                            |                   |
| <b>Domain II: Intervention and Treatment</b>  | <b>020000</b>              | <b>52</b>         |
| <b>Task 1: Perform skin care on feet and lower extremities using appropriate skin care products in order to promote optimal skin health and integrity.</b>    | <b>020100</b>              | <b>9</b>          |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Integumentary system   | 020101                     |                   |
| b. Skin cleansing principles  | 020102                     |                   |

| <b>Description</b>  | <b>Classification Code</b> | <b># of Items</b> |
|---|----------------------------|-------------------|
| c. Skin moisturizers (humectants, emollients)   | 020103                     |                   |
| d. Barrier products (dimethicone, petrolatum, zinc-based products, etc.)  | 020104                     |                   |
| e. Topical medications  | 020105                     |                   |
|   |                            |                   |
| <b>Skill in:</b>  |                            |                   |
| f. Selecting and applying appropriate skin care products (cleansers, moisturizers, medications)   | 020106                     |                   |
|   |                            |                   |
| <b>Task 2: Recommend treatment and/or provide care for dermatological conditions affecting the feet and lower extremities using appropriate skin care products in order to promote optimal skin health and integrity.</b>   | <b>020200</b>              | <b>10</b>         |
|   |                            |                   |
| <b>Knowledge of:</b>  |                            |                   |
| a. Integumentary system   | 020201                     |                   |
| b. Signs/symptoms of skin impairments/abnormalities (blisters, hyperkeratotic lesions, stasis dermatitis, fissures, verucca vulgaris, trauma, tinea pedis, paronychia, maceration, hemosiderosis, etc.)                     | 020202                     |                   |
| c. Skin cleansing principles  | 020203                     |                   |
| d. Skin moisturizers (humectants, emollients)   | 020204                     |                   |
| e. Barrier products (dimethicone, petrolatum, zinc-based products, etc.)  | 020205                     |                   |
| f. Topical medications  | 020206                     |                   |
|   |                            |                   |
| <b>Skill in:</b>  |                            |                   |
| g. Management of hyperkeratotic lesions   | 020207                     |                   |
| h. Applying skin care products (cleansers, moisturizers, medications)   | 020208                     |                   |
|   |                            |                   |
| <b>Task 3: Implement offloading interventions utilizing offloading products in order to promote optimal skin health and integrity and prevent further injury (e.g., ulceration, callous formation, deep tissue injury).</b> | <b>020300</b>              | <b>10</b>         |
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| <b>Knowledge of:</b>  |                            |                   |
| a. Appropriate footwear (shoes, socks, hosiery, inserts)  | 020301                     |                   |
| b. Offloading principles to reduce and/or redistribute pressure, friction, and/or shear   | 020302                     |                   |
| c. Offloading and padding products (orthotics, lamb's wool, moleskin, felt padding, silicone products, etc.)  | 020303                     |                   |
|   |                            |                   |
| <b>Skill in:</b>  |                            |                   |
| d. Applying offloading and padding products appropriately   | 020304                     |                   |
| e. Identifying areas of high pressure (wear patterns, pressure mapping, etc.)   | 020305                     |                   |

| <b>Description</b>  | <b>Classification Code</b> | <b># of Items</b> |
|---|----------------------------|-------------------|
| <b>Task 4: Perform nail care and debridement using appropriate instruments in order to promote comfort and optimize function.</b>   | <b>020400</b>              | <b>12</b>         |
| <b>Knowledge of:</b>  |                            |                   |
| a. Nail anatomy   | 020401                     |                   |
| b. Onychopathology (onychomycosis, onychocryptosis, paronychia, etc.)   | 020402                     |                   |
| c. Personal protective equipment (PPE) guidelines   | 020403                     |                   |
| d. Debridement techniques   | 020404                     |                   |
| e. Instrument sterilization guidelines (cold sterilization, autoclave, etc.)  | 020405                     |                   |
| <b>Skill in:</b>  |                            |                   |
| f. Identifying free nail border (nail debris)   | 020406                     |                   |
| g. Appropriately selecting and using equipment (rotary powered instrument, nippers, etc.) for nail care and debridement   | 020407                     |                   |
| <b>Task 5: Identify lower extremity wounds (i.e., venous, arterial, neuropathic, traumatic, and pressure ulcers) and make wound care treatment recommendations and/or referrals that support the goals of care.</b> | <b>020500</b>              | <b>11</b>         |
| <b>Knowledge of:</b>  |                            |                   |
| a. Characteristics of wound types (venous, arterial, neuropathic, traumatic, pressure ulcers)   | 020501                     |                   |
| b. National Pressure Ulcer Advisory Panel (NPUAP) pressure ulcer staging system   | 020502                     |                   |
| c. Wagner grading system for diabetic foot ulcers   | 020503                     |                   |
| d. Principles of moist wound healing  | 020504                     |                   |
| e. Principles of basic wound care   | 020505                     |                   |
| f. Appropriate topical treatment to maintain periwound integrity  | 020506                     |                   |
| g. Dressings for moist wound healing (containment of drainage, eliminate dead space, reduce bioburden, control odor, debridement, etc.)   | 020507                     |                   |
| h. Compression therapy (indications and contraindications)  | 020508                     |                   |
| i. Advanced wound therapy (electrical stimulation, bioengineered tissue, negative pressure wound therapy, hyperbaric oxygen therapy)  | 020509                     |                   |
| <b>Skill in:</b>  |                            |                   |
| j. Selecting and applying dressings   | 020510                     |                   |

| <b>Description</b>   | <b>Classification Code</b> | <b># of Items</b> |
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| k. Educating patients and caregivers regarding wound healing (infection, tobacco cessation, nutrition, optimal health choices, causative factors, etc.)  | 020511                     |                   |
|  |                            |                   |
| <b>Domain III: Education and Referral</b>  | <b>030000</b>              | <b>18</b>         |
| <b>Task 1: Instruct patients and caregivers on foot care principles (e.g., hygiene, footwear, daily foot inspections) and disease, lifestyle, and/or age-related processes to prevent complications, maintain optimal foot health, and encourage patient autonomy.</b> | <b>030100</b>              | <b>9</b>          |
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| <b>Knowledge of:</b>   |                            |                   |
| a. Preventive skin care strategies   | 030101                     |                   |
| b. Disease processes and conditions affecting feet and lower extremities (arterial disease, venous disease, neurological disease, diabetes, autoimmune, arthritis, trauma, etc.)   | 030102                     |                   |
| c. Age-related processes affecting feet and lower extremities  | 030103                     |                   |
| d. Health habits affecting feet and lower extremities (activity level, exercise, obesity, diet, smoking, etc.)   | 030104                     |                   |
|  |                            |                   |
| <b>Skill in:</b>   |                            |                   |
| e. Assessing patient health literacy (learning style, readiness to learn, barriers to learning, current understanding, etc.)   | 030105                     |                   |
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| <b>Task 2: Collaborate with interdisciplinary healthcare professionals and make appropriate referrals to support patient-centered goals of care.</b>   | <b>030200</b>              | <b>9</b>          |
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| <b>Knowledge of:</b>   |                            |                   |
| a. Available healthcare-related resources  | 030201                     |                   |
| b. Roles and responsibilities of specialized healthcare providers (vascular specialist/surgeon, endocrinologist, podiatrist, orthopedic surgeon, dermatologist, pedorthist/orthotist, pain management specialist, diabetic educator, wound care specialist, etc.)      | 030202                     |                   |
| c. Health care delivery systems  | 030203                     |                   |
|  |                            |                   |
| <b>Skill in:</b>   |                            |                   |
| d. Communicating with members of the interdisciplinary team  | 030204                     |                   |
| e. Navigating health care systems (identifying and accessing programs for specific lower extremity disease processes)  | 030205                     |                   |