

Second Quarter 2016 Journal Questionnaire (for both clinical and administrative PMAC's)

The following will apply for CME credit for the 2016-2017 recertification year. All completed answer sheets should be held until you receive your recertification notice in the mail (April of 2017).

Children's Feet

Having strong, healthy feet is important. It allows your child to walk, run, and play. As your child's feet form, watch to make sure that are forming correctly. This could avoid certain types of back and leg pain from developing later in life. If your child has any signs of ingrown toenails, skin conditions, and foot form or function concerns, they should see your doctor.

Baby's Feet

During the first year, the size and shape of your baby's feet change quickly. They are very flexible and too much pressure or strain can affect the shape. To help promote normal growth, allow your baby to kick and stretch their feet on a regular basis. Also, make sure their socks and shoes do not squeeze their toes. A problem rarely occurring are your babies' feet appearing to turn in. This may concern you. Know that baby's feet will change shape as they grow and that foot care may be available. Talk with your physician about your child's foot care needs. Any questions concerning your baby's feet should be written down prior to the appointment for you and your physician to review.

Toddlers

Many toddlers will walk when they are ready. DO NOT force the issue. It will happen. When your toddler does begin to walk, watch their feet. Observe if their toes touch before their heels, do they walk on the sides, or do they sit and watch while other children are busily playing around them. These could be potential questions and concerns you could write down to discuss with your physician. A lot of toddler's feet do in-toe but they should grow out of it. If your toddler's feet seem to be flat, fat or floppy, it is usually normal. Remember, they change as they grow. Any questions or concerns should always be discussed with your physician.

When Foot Care is Needed

If your child's feet turn in or out a lot, corrective shoes, splints or night braces may be something needed as they grow. Orthoses (custom made shoe inserts) or special shoes may be recommended for a child with flat feet. If they have some toeing-in, encourage your child to sit different while playing or watching TV. During examination, your physician will watch your child walk. This will allow them to know if a gait problem exists and the treatment path.

Your Child's Shoes

As your child grows, be sure their shoes fit correctly. You can have your child's feet measured or trace and outline of their foot to be sure their shoe is big enough. AVOID hand-me-down shoes. Most shoes mold to feet and wearing someone else's can affect the shape of their foot. Check their shoe size often. Make sure there is enough space between the end of the shoes and their toes. Having a shoe too tight might affect their foot function.

Your Child's Active Feet

By the age of 7 or 8 your child's feet bone structure should be formed. If your child's growth plate (area where the bone growth begins) is injured, it may cause the bone to grow oddly. With the care of your physician, the risk of future bone problem is less. If their bone or growth plate is damaged, crutches may be needed to take weight off the injury until it heals. If they fracture or injure their feet; a cast, splint, or brace may be needed. This will hold the foot in place to heal correctly. A few other signs of problems are swelling, tenderness, limping or ongoing night pain. If they complain of foot pain you should be sure a physician examines them.

Questions

1. Having strong and healthy feet allows your child to _____, _____, and _____.
2. If your child gets an ingrown toenail, you should just let it grow out?
True _____ False _____
3. What are orthoses? _____
4. Your child's shoes should fit tight on their toes?
True _____ False _____
5. If a fracture occurs, the following may be used: _____, _____, or _____
6. What is a growth plate? _____
7. Many toddlers toe-in?
True _____ False _____
8. Too much pressure or strain can affect the shape or your baby's feet?
True _____ False _____
9. Explain what may be done for children's feet turning in or out: _____

10. The following may occur from a serious foot injury: _____, _____, _____, or _____
11. What should you watch for when your child walks?
 - _____
 - _____
 - _____
12. To correct mild in-toeing, your toddler may need to _____ different.
13. Certain types of back and leg pain may be avoided if your child's feet form correctly?
True _____ False _____
14. Name two things you can do with your child's feet to ensure the correct shoe size?
 - _____
 - _____
15. What can happen if a growth plate is injured? _____

Name: _____
Address: _____
City, State, Zip: _____

Correct Answers	=	Credits
15-13	=	5
12-10	=	4
9-7	=	3
6-4	=	2
3-1	=	1