Letter of Instruction for Foot and Nail Care Course

1. Map quest location of program prior to attendance; hotel information available on request or Google the zip code for the choice of hotels.

2. Wear comfortable clothes/layers for regulating temperature; suggest scrubs or similar attire, therapeutic shoes, and compression socks.

3. Do your back exercises as this is a physical course; stretch, bend, BE able to get up and down from a low stool, be walking 1-2 miles/day

1. Go to [www.wocncb.org](http://www.wocncb.org) website and review the foot and nail care application for board certification.
   1. Click on Become Certified
   2. Click on Foot Care
   3. Click on Application and Examination Handbook
   4. Review “new” Procedure for Application –
      1. note my Code #422 – Da Agony of De Feet – Foot Care
      2. Consider taking the foot care practice exam $30.00

5. HomeWork – is to search and bring one evidence-based article (dated 2012) on foot care, foot wear, walking, or prevention of amputations.

1. Consider joining us at the Foot and Nail Care Retreat Every Year.

Seriously consider joining the WOCN Organization – “Who is the Mother Ship” – stay connected – Foot Care Blog on WOCN website.

1. Put my mobile phone in your phone in case of emergency

858-663-4150 cell; E-mail me with any questions or concerns prior to or after any of my programs.  My philosophy is “If you have a question others do too” [shelly@tayLORDhealth.com](mailto:shelly@tayLORDhealth.com); Check out my website – [www.tayLORDhealth.com](http://www.taylordhealth.com) – Free Downloads for your reading pleasure and prep prior to attending course/s and/or taking boards.  Go to Resources – Course Materials – pick and choose articles to review.