

Canadian Association of Foot Care Nurses

CAFNC / ACIISP

Association canadienne des infirmières et infirmiers en soins de pieds



15th AMM & National Hybrid Conference

The Westin Calgary

Calgary, Alberta | May 23 – 25, 2025

Friday, May 23, 2025

Workshops: 8:00 AM Registration - Coffee/Muffins
 Participants on their own for lunch

All workshops have a limit of 20 participants. Avoid disappointment, register early!

If you are registering for two or more workshops, please make sure the schedule is not conflicting.

Virtual registrants are not eligible for Friday Workshops.

Room Name ->	Rideau	Mount Royal	Lakeview	Banff
Session #1 8:30 - 10:00 AM	Custom Silicone Orthosis \$50.00 Sponsor: Longevity Services	MedFlex Nail Restoration \$50.00 Sponsor: Better Feet	Burring for Beginners \$50.00	Treatment of the Ingrown Toenail \$250.00
Session #2 10:30 AM - 12:00 PM	Compression Education Workshop #1 \$50.00 Sponsor: Lunatik Athletiks	Onyfix Nail Correction System - Certification \$785.00 (Starter Kit Included) Sponsor: Better Feet	Burring for Advanced \$50.00	
Session #3 12:30 - 2:00 PM	Compression Education Workshop #2 \$50.00 Sponsor: Lunatik Athletiks	Onychomycosis Diagnostics & Photodisinfection - Certification \$150.00 (\$100 credit towards purchasing ToeFX system) Sponsor: ToeFX	Miracle of the Sheep Wool Fiber \$50.00 Sponsor: Soul Comfort Sheepskin	12:30 - 1:15 Genesis Light Therapy Sponsor: Genesis 1:15 - 2:00 SWIFT Wart Removal Sponsor: SWIFT \$50.00
Session #4 2:30 - 4:00 PM	Footwear Modification \$50.00 Sponsor: Canadian Footwear	Padding & Offloading \$50.00 Sponsor: CPC Healthcare	Introduction to Business Start-up Complimentary Sponsor: CAFCN	Foot Reflexology \$50.00

2025 Workshops



Custom Silicone Orthosis

Come join Chrystal, LPN, Foot Care Nurse and Educator, on a journey into the use of silicone putty in your foot care practice. Learn the basics of how to use it, best practices, and get hands on experience using some creative techniques you may have never thought of before!

Bio: Chrystal Stevens

Chrystal is an LPN, Advanced Foot Care Nurse and Licensed Education Provider for Foot Canada Training. She has been nursing since 2006, and has spent the last 8 years specialized in Foot Care Nursing . Drawing on this experience, she has been developing and teaching workshops in the Foot Care Nursing field since 2018. She is known for applying and pioneering specialized products in podiatry and advocating for non-invasive solutions to common foot ailments.

SPONSOR: LONGEVITY SERVICE



MedFlex Nail Restoration

Workshop supplies sponsored by Quality FootCare Products. MedFlex is a revolutionary safe, self-leveling, flexible, gel toenail restoration system for the foot care professional. This gel system can be used to extend short or missing nails, fortify thin weak brittle nails, split or broken nails or transform unsightly, damaged or missing nails due to trauma or an accident. MedFlex is compatible for use with the Onyfix Nail Correction System and for use with Podo-Expert foot care line. Led by Debra Bourque. **Participant to bring their own e-file or Medium/Course Nail File.**

SPONSOR: BETTER FEET

Bio: Debra Bourque BSc.Pod, CFCS Owner/Director of Education

Debra has specialized in foot care for over 27 years earning several certifications in advanced foot care education including a BSc. in Podology and is a Certified Foot Care Specialist. She is the former Director of Education for the International Pedicure Association. Debra is also an Industry Educator, Platform Speaker and for several years has provided education and training to licensed professionals internationally. She looks forward to sharing the latest technologies in foot care.



Burring for Beginners

Join our Beginner Medical Foot Care Burr Workshop to learn essential techniques for using burrs in nail and skin care. You'll practice selecting the right burr for various applications while gaining hands-on experience under expert supervision. Sign up today to build a solid foundation in foot care with a focus on precision and technique! Led by Monica Sheppard.

Burring for Advanced

Elevate your skills in our Advanced Medical Foot Care Burr Workshop, designed for experienced practitioners. This intensive session focuses on advanced techniques for using burrs in nail and skin care, allowing you to refine your precision and expertise. Engage in hands-on practice and learn to tackle complex foot care challenges with confidence. Sign up today to take your foot care abilities to the next level! Led by Monica Sheppard.

Bio: Monica Sheppard

“As a foot care nurse and the founder of Nursing Soles Inc clinic and Academy, I am dedicated to improving foot health for patients of all ages. Our clinic not only provides specialized and advanced foot care but also offers mobile nursing services, bringing essential care directly to those who need it most. I established Nursing Soles Academy to train and empower aspiring foot care professionals with the knowledge and skills they need to succeed. Additionally, I am proud to serve as the Calgary Educator for Foot Canada Training, furthering education in our field. My collaborations with the Mustard Seed and Kenron Pharmacy in Calgary help ensure that underserved populations have access to vital foot care services. My passion for foot health drives me to make a positive impact in our community every day.”



Treatment of the Ingrown Toenail

Led by Josée Hunter, this is a comprehensive 3-hour learning experience designed to enhance your skills and confidence in managing ingrown toenails. This hands-on course covers the identification and understanding of various presentations of ingrown toenails, along with effective treatment options. Participants will gain familiarity with essential tools, like the Ingro-Pal, and explore strategies for ensuring pain management during treatment. The workshop also includes an overview of the Onyfix nail correction system (not a certification) and guidance on referring out-of-scope cases to healthcare professionals. Attendees will benefit from hands-on practice using artificial ingrown toenails, ensuring they leave with practical skills and knowledge to apply in real-world scenarios. Join us for this engaging and skill-building workshop! **Participants to bring a Black's file and pro.**

Bio: Josée Hunter

Josée Hunter RPN, is the CEO and Director of Care at Happy Feet Medical Foot Care Inc. A passionate advocate for preventative care and enhanced quality of life, Josée combines patient care with a dedication to nursing education. As the founder of The FLLCS Network, she brings her "Pay it Forward" philosophy to life, empowering foot care nurses to develop and refine their skills. With her hands-on teaching approach, Josée provides an unparalleled learning experience, helping nurses achieve their goals and advance in their specialty. "I look forward to expanding our knowledge together!"



Onyfix Nail Correction System - Certification

Workshop supplies sponsored by Quality FootCare Products. Nail problems, whether a toenail is ingrown or involuted, can be not just painful but also affect our general well-being and quality of life. This is where the innovative nail correction system available from Onyfix provides relief, offering painless and effective treatment for various nail problems. Onyfix does more than treat the symptoms, it tackles the causes of the nail problem as well. This system uses physiological nail growth to correct the nail. Participants must purchase the starter kit, which will be provided at the workshop. Led by Debra Bourque.

Participant to bring their own e-file or Medium/Course Nail File.

SPONSOR: BETTER FEET



Compression Education Workshops #1 & #2

Lunatik Athletiks Inc. (ACHI Brand) is excited to team up with the CAFCN and host a Compression Education Workshop. This is a comprehensive look into compression therapy from a Canadian Manufacturer/Distributor of Compression and Wellness products, licensed through Health Canada. Spend some time with us and learn to love compression the way we do, ACHI brand compression is something that will appeal to just about everyone. Your business deserves the best, and that is what we offer. We have fun colours, fabulous styles/patterns but most of all, we have the medical efficacy needed to be gracing the legs of you and your clients. Ditch the boring blah socks... join us for exciting, comfortable, affordable & Canadian Compression. We are female entrepreneurs that love to support Canadians, we are passionate about what we do and want you to be a part of it. Our compression education is a 90min session where we will go over compression basics as well as looking at how to introduce and sell compression to your existing clientele. The Lunachicks will provide all the information needed to help you begin to sell compression and even ideas of how to broaden your business and your profits! We hope to see you at the 2025 CAFCN/ACIISP Certification session in May! Led by Kelly Richards.

SPONSOR: LUNATIK ATHLETIKS

Bio: Lunatik Athletiks

Lunatik Athletiks Inc. started as a "Designer Compression" company in the medical and athletic market. They are committed to creating synergies of fabulous design with a specific focus on medical efficacy so you can express your unique personality while gaining the medical benefits of graduated compression! They are committed to designing fabulous, bespoke compression garments that you are excited to wear. They encourage and promote preventative medicine while helping to achieve optimal leg health. From extreme endurance athletic endeavors or a walk to work, they strive to share their passion for expression with premium fit and function. Recently, they decided to bring their clients the convenience of at-home wellness products. Their goal is to supply you with all the tools to help keep your clients healthy, active and happy. Thoughtfully designed in Canada and worn all over the globe!



Onychomycosis Diagnostics & Photodisinfection Certification

This in-depth training session is designed to help participants gain proficiency in Toenail Fungus diagnostics and treatment. This workshop offers a valuable opportunity for clinicians to learn advanced techniques in fungal nail infection treatment using ToeFX's state-of-the-art system, equipping them with the necessary tools to provide effective patient care. Upon completion of the workshop, attendees will receive the **ToeFX Photodisinfection Certification**, which adds credibility to their expertise in this specialized treatment. Led by Dr. Irit Van-Ham & Tannis Sorge.

Duration 3 hours: Part 1 is virtual; you will receive an email 2 weeks prior to the conference with webinar information.

Part 1 (Virtual) Onychomycosis & ToeFX Science

- Introduction: Overview of toenail fungus and the need for effective treatment options.
- What is ToeFX & How Does It Work?: Understanding the technology behind ToeFX's innovative light therapy system.
- Combination Therapies: How ToeFX can be used in conjunction with other treatments for optimal results.

Part 2 Hands-on Learning with the ToeFX System (with Tannis Sorge)

- Treatment Overview: Understanding the full treatment process with ToeFX.
- Clinical Caution: Safety protocols and precautions.
- Assessing Infection Severity: How to evaluate the severity of the fungal infection and create a customized treatment plan.
- Diagnosis:
 - Visual Assessment: Spotting signs of onychomycosis.
 - Sample Collection & PCR Testing: Using Dr. Toe PCR testing for accurate diagnosis.
- Proper Photography Techniques: How to take photos that document the infection's progress.
- Debridement: Detailed instructions on the process of removing infected tissue.
 - Selecting Burrs: Choosing the right burrs for effective debridement.
 - Debridement Process: Step-by-step debridement procedures.
- First Treatment: Hands-on experience with the ToeFX light therapy and topical application.
- Follow-up: Managing follow-up debridement and treating severe cases.
- Application of Formula: Proper application of ToeFX's topical solution.
- Light Therapy: Effective use of photodisinfection light technology for optimal results.
- Re-infection & Maintenance: Strategies for preventing re-infection and maintaining treatment results.
- Case Studies: Real-life examples and lessons learned from various cases.

SPONSOR: ToeFX



The Miracle of Sheep Wool Fiber

Wool possesses antimicrobial, antibacterial, and antifungal properties, making it an ideal material for human skin. This workshop will explore why wool is such a perfect fit for our bodies. Wool can absorb 30 to 40 percent of moisture, draw moisture away through capillary action, and help maintain a stable body temperature of 37°C. It creates a microclimate that regulates both humidity and temperature, ensuring an optimal moisture balance for the skin. The coiled structure of sheep wool contributes to pressure redistribution, which is beneficial in medical applications, while also preventing chafing. Additionally, wool helps promote circulation through its natural body heat. If all individuals with diabetes wore wool socks, insoles, and sheepskin slippers, they would have a better chance of preserving foot health and avoiding discomfort or pain. Sheep's wool is truly a miracle fiber, offering relief and prevention for various ailments. Led by Anyes deLaat.

SPONSOR: SOUL COMFORT SHEEPSKIN & SHEEP'S WOOL

Bio: Anyes deLaat

Established in 1981, Soul Comfort Sheepskin originated from a pair of booties lovingly made for Anyes newborn's tiny feet. As Soul Comfort Sheepskin evolved, the need for specialty footwear orders increased, as those who suffer from conditions like arthritis, bedsores, diabetic skin disorders, fibromyalgia, began seeking wool products to ease their discomfort. The sheepskin and sheep wool fabric are imported from Australia and all the products are hand-made on Vancouver Island.

Genesis Light Therapy & SWIFT Wart Removal



The Genesis Pain Relief Light is an advanced technology designed to alleviate pain and accelerate healing. This innovative medical device works by concentrating broad-spectrum light through a unique fluid-based filter, providing effective pain relief and stimulating healing at the cellular level. It is compact, portable, and easy to use, a non-invasive light treatment for drug-free pain management. Common conditions treated include, plantar fasciitis, sprains and strains, knee, ankle, heel, Achilles pain, tendonitis and more.

The Genesis device utilizes Low-Level Light Therapy (LLLT) that emits a broad spectrum of near-infrared light between 400-1400nm, filtered through a patented water-based filter. Genesis is designed for easy use, offering a non-invasive and effective solution for pain relief and healing.

SPONSOR: GENESIS

Swift attacks the root of the problem. Warts are caused by various strains of HPV virus which go undetected by the immune system. Swift microwave technology rapidly generates heat in infected tissues. This heat reveals infected cells to the immune system so the body can actively fight the virus. Unlike other treatments that only address the symptomatic thick skin of a wart, Swift activates natural biological pathways to target the viral root-cause of the wart. An extra benefit of targeting the virus with the immune system is that there is little chance of your wart reappearing.

SPONSOR: SWIFT

Footwear Modification

The shoes we wear play a crucial role in our overall comfort and well-being. Factors like cushioning, support, fit, and structure all contribute to how our feet feel throughout the day. Since our feet are in use constantly, ensuring a proper fit is an easy yet effective way to care for them. However, over-the-counter shoes, may not always provide the right support, and adjustments may be necessary to keep our feet comfortable.

How can you tell if your footwear needs modification? If you experience foot pain or discomfort, an assessment of your current footwear will determine the best options for your feet. This workshop will look at the most common reasons for modifications and help to understand how these modifications will benefit the individual. It will also provide guidance for foot care nurses on when and why a referral will be beneficial, as well as how to connect with the right foot health professional in your community. Led by Johan Steenwyk.

SPONSOR: CANADIAN FOOTWEAR



Padding & Offloading

This workshop will explore a variety of padding and off-loading techniques used to treat and prevent corns and calluses. Participants will have the opportunity for hands-on learning and practice in applying padding techniques to redistribute pressure on these conditions. We will also compare over-the-counter products with custom-made pads to discuss their effectiveness. While some practitioners may not have the facilities to create or apply these techniques, it is important for them to be aware of local professionals who can assist. Topics will also include stockings, footwear modifications, and specialized shoes for addressing specific foot problems. Led by Tim Moffitt.

NB: Please wear or bring a pair of shoes with removable insoles, as you will practice making custom padding. Be prepared to remove your shoes to create removable padding for your toes.

SPONSOR: CPC HEALTHCARE

Bio: Tim Moffitt

Timothy Moffitt, C. Ped. (C) - Originally from Northern Manitoba, Tim began working with footwear in Winnipeg in 1994, later becoming a Canadian Certified Pedorthist in 2003. Specializing in making foot orthotics, shoe modifications and patient education, Tim now practices in Edmonton at Custom Orthopedic Ltd. He has done guest speaking at several clinics and hospitals, as well as providing webinar Continuing Education seminars. In his off time, you will most likely find Tim hosting at the local Karaoke bar, singing away! Tim will be the host for Saturday night line dancing & Karaoke.



Introduction to Business Start-up

Starting as an independent foot care nurse is an exciting journey, but launching your business can feel overwhelming. This workshop will guide you through the essential steps to help you and your business thrive. You will learn how to select the right foot care instruments (both type and cost), understand key policies and procedures that one should have for independent practice, determine the supplies needed for both clinic and mobile services, set up efficient appointment scheduling, and establish your fee structure. Led by Lori Ralph.

SPONSOR: CAFNCN



Foot Reflexology

Take your current knowledge, experience, and profession to the next level with foot reflexology. In this workshop you will learn another perspective of what the feet are showing you about your client's health and wellbeing. Together we will discover how this ancient modality can stimulate the nervous system into a state of relaxation and allow the body to begin healing. We will learn a few basic techniques that you can use on yourselves and your clients, and the only tools needed are your fingers and your good intentions. Led by Giovanna Daniele.

Bio: Giovanna Daniele

Currently, based in Based in Calgary, Alberta, Giovanna is a Registered Canadian Reflexology Therapist (RCRT™) in both foot and hand reflexology and a RCRT™ Examiner with the Reflexology Association of Canada (RAC) and a Licensed Canadian Reflexology Teacher (LCRT) certified to teach core, foot, and hand reflexology. She is also certified in Holonomic Reflexology, Ayurvedic Reflexology, chair massage, and in Cranio-Sacral Reflexology (CSR).

She served as Director of Communication on the RAC Quebec Chapter Board of Directors from January 2018 to January 2021 and is currently a member of both the RAC Alberta Chapter and a member of, and Country Coordinator of Canada (English) for The International Council of Reflexologists (ICR).

Since becoming a reflexology therapist in 2016, Giovanna has strived to introduce Reflexology and its many benefits to as many people as possible, and to help it become accessible to all. From 2017 to 2021, she volunteered weekly at the West Island Cancer Wellness Center (WICWC), to give back to the community. During her time there, she saw first-hand the effectiveness of Reflexology to help release tension, emotions, and manage pain symptoms while working on individuals living with cancer. Giovanna continues to encourage her students to seek out such volunteering opportunities to enhance their skills and give back. Giovanna holds a Bachelor of Arts degree in Linguistics from Université de Montréal and has over 25 plus years of corporate work experience.

Annual Members Meeting (AMM) – Belaire Room

REGISTRATION: 6:30 PM

MEETING: 7:00 – 8:00 PM

Wine and cheese reception will follow located at the Bonavista room.

Saturday, May 24, 2025



7:15 – 8:00 AM	Breakfast/Registration/Shopping Exhibitor Hall Open
8:00 – 8:45 AM 8:45 – 9:15 AM	Opening Remarks – Land Recognition – Lori Ralph Meet the Vendors
9:15 – 10:00 AM	Diabetic Limb Preservation and Surgical Offloading Techniques – Dr. John Toole Participants will gain valuable insights into properly assessing diabetic foot conditions and identifying when further care is needed at an urgent care or emergency room facility. They will also learn techniques for effectively offloading wounds and minimizing the risk of re-ulceration.
10:00 – 10:30 AM	Nutrition Break/Shopping Exhibitor Hall open
10:30 AM – 12:30 PM	Recognizing Expertise in Advanced Foot Care Nursing: The CNA Certification Process and 2025 CAFCN Competency Framework – Misty Fortier, Director, Credentialing Centre, Nursing Policy, Canadian Nurses Association (CNA) & Dr. Kathleen Stevens A key objective of the Canadian Association of Foot Care Nurses (CAFCN) is to uphold the highest standards of advanced foot care nursing across Canada. To support this goal, CAFCN is leading the development and implementation of a certification process that will formally recognize nurses' expertise and competence in advanced foot care practice. As part of this initiative, CAFCN has updated its Competency Framework and formed a strategic partnership with the Canadian Nurses Association. This presentation will offer an overview of the 2025 CAFCN Competency Framework, explore the benefits of certification, and outline the proposed certification process for advanced foot care nurses in Canada.
12:30 – 2:00 PM	Lunch Break/Shopping Exhibitor Hall open
2:00 – 2:45 PM	A Holistic Approach to Equitable Skin Health and Wound Care Dr. Irmajean Bajnok This presentation will focus on the need for a holistic and equitable perspective when providing skin health and wound care recognizing the impact of social determinants of health (SDOH) on the incidence and prevalence of wounds. Key social determinants of health will be highlighted outlining their relationship to skin health and wound care Recent data from the Canadian Institute of Health Information (CIHI) related to the impact of race on amputations following diabetic foot ulcer will be explored as a case study. Finally, the presentation will address how Canada's foot health nurses can reflect an awareness of the impact of SDOH in their work. Objectives Participants will have an understanding of the following: 1. The impact of SDOH on skin health and the incidence and prevalence of wounds 2. Inequities in diabetes care and their impact on amputations following a diabetic foot ulcer 3. Equitable care in day-to-day practice as a foot health nurse 4. How relevant research data can inform equity in healthcare



Saturday, May 24, 2025

Footcare through Proper Footwear, Off-Loading, Balance, and Pedorthic Management – Brian Scharfstein

2:45 – 3:30 PM

Gaining an understanding of how the shoe's construction relates to the foot's structure. The shoe is considered the medication/modality that contributes the management and mobility of the patient. It is most important to choose the right shoes and socks that align with the patient's lifestyle, daily activities, and condition, offering both comfort and support. Additionally, modifying footwear can help minimize the risk of slips and falls. Better balance and proprioception improve safety and mobility.

Protecting Your Practice While Helping Your Clients – Scott Beck

3:30 – 4:15 PM

Taking the leap from being an employed nurse to a self-employed one is a brave and commendable step. It reflects not only professional expertise but also the willingness to embrace risk, manage a business, and provide care on your terms. However, it's crucial to protect your business during times of personal physical impairment, such as injury or illness. Life & disability insurance, income replacement, business overhead, protecting your assets through insurance benefits is important for maintaining a steady income. Equally vital is protecting your assets from unforeseen circumstances, such as lawsuits or bankruptcy, to ensure your business remains resilient in challenging times.

Spotlight Sessions – Exhibitor Hall Open

4:15 – 5:30 PM

An opportunity for vendors to independently showcase a product or service at their booth & more shopping time for us!

Saturday Night Social Event

Join us for a fantastic evening of food, music, and fun at our upcoming social event! We're firing up the BBQ for some delicious grilled treats, and the dance floor will be ready for you to show off your best moves with a lively round of line dancing. If you're feeling bold, grab the mic and belt out your favorite songs during our karaoke session! It's the perfect opportunity to unwind, connect with friends, and make some unforgettable memories. Don't miss out on this exciting night of great food, dancing, and singing—see you there!



Sunday, May 25, 2025

7:30 – 8:15 AM	Breakfast/Registration/Shopping Exhibitor Hall Open
8:15 – 9:00 AM	Enhancing Support of Foot Care Clients Through Reflexology – Giovanna Daniele For thousands of years, Reflexology has been a natural, non-invasive, holistic therapy that maps the entire body onto reflex points located in other areas. It has been widely used for relaxation, pain management, and various therapeutic benefits. This session will offer an understanding of the key principles of Reflexology, its relevance to foot care clients, current research supporting its benefits, and specific foot techniques that can be integrated into foot care sessions in certain circumstances. Reflexology has been found to help with sensory functions related to peripheral neuropathy. Reflexology can be applied to the hands, feet, ears, face, and other areas of the body. By applying pressure to these reflex points, Reflexology helps restore and maintain the body's natural ability to function optimally.
9:00 – 9:45 AM	Systematic Priority Setting of the International Working Group on the Diabetic Foot (IWGDF) Recommendations to Inform Canadian Health Policymakers: Implication for Advanced Foot Care Nurses – Dr. Kathleen Stevens Research findings have identified the IWGDF priority recommendations for Canada from the perspective of healthcare providers with expertise in diabetes and foot health. These findings highlight both barriers and facilitators to implementing the recommended strategies for preventing diabetic foot ulcers (DFUs) and amputation. The implications for advanced foot care nursing practice in Canada are significant, particularly in terms of enhancing practice, education, and advocacy. The results provide a clear roadmap for prioritizing efforts to prevent DFUs and amputation, underscoring the urgency of developing an action plan and strategies based on the shared viewpoints and identified priorities.
9:45 – 10:15 AM	Coffee/Shopping Exhibitor Hall Open
10:15 – 10:45 AM	Advancements in Foot Care: Best Practices – Catalina Dunn Our feet are the foundation of mobility and overall health. It's no wonder that more and more people want accessible, quality foot care. Join, Catalina Dunn, owner of Calgary Foot Care Nurses to talk about BEST PRACTICES in medical foot care focusing on prevention, regular monitoring, and patient education to avoid complications like infections, ulcers, or chronic pain. Adherence to BEST PRACTICES not only results in better outcomes for patients and clients, but you will also rest easy knowing that your practice and reputation is protected.
10:45 – 11:15 AM	Vandenbos Procedure – Dr. Syed Qadry Often, when people experience "ingrown toenails," the issue is not with the nail itself but with the surrounding skin. The Vandenbos Procedure is the removal of excess toe skin as a treatment for ingrown toenails, provides a one-time, minor surgery that effectively resolves the problem. This method leaves the nail intact, and your toe will look great afterward! The excess skin around the toenail is carefully removed, but the nail itself remains untouched. There's no issue with the nail! The procedure typically takes about 20 minutes for one toe and 30 minutes for two toes.

Sunday, May 25, 2025

11:15 AM – 12:45 PM	Lunch/Shopping Exhibitor Hall Open
12:45 – 1:30 PM	The Impact of the Calf Muscle Pump – Dr. Kate Clayton-Jones <p>When a person has atrial fibrillation, it directly reduces the heart's ability to pump blood by about 30%. But did you know that the foot pump, which includes the calf pump, also has a tremendous impact on the circulatory and lymphatic systems. The impact is not small; up to 40% of our venous and lymphatic return is dependent on the foot pump working well. This talk is about the mechanics and pumping actions of the foot and lower legs and the positive impact on overall health, function and wellness that a foot care nurse can have when the nurse understands the systems, techniques and treatments that optimize the foot pump to benefit the health of the patient.</p>
1:30 – 2:15 PM	Maximizing Social Media Impact: Marketing and Advertising Strategies for the Foot Care Nursing Industry in Today's Digital Era – Monica Sheppard <p>Social media is essential for marketing and growing a successful foot care nursing practice. This presentation will explore how utilizing social media platforms enhances visibility, builds brand trust, and fosters lasting client relationships. It will emphasize collaboration with other businesses and industry peers, creating a supportive community. Attendees will gain insights into influencer partnerships, social media trends, and engaging key figures to maximize reach. A strong online presence, combined with a user-friendly booking system, ensures client satisfaction from initial contact to service delivery. Additionally, continuing education is vital for maintaining high-quality care and credibility. Attendees will learn to think creatively in networking, leveraging digital tools and partnerships with social media experts to elevate their business.</p>
2:15 – 2:45 PM	Coffee/Shopping Exhibitor Hall Open/Last Chance to Visit Exhibitors
2:45 – 3:30 PM	Heel Pain – Not Always Plantar Fasciitis! – Dr. Helen Rees <p>In some cases, it may be a symptom of a more serious condition. Conditions such as Achilles tendonitis, bursitis, stress fractures, and heel spurs can all contribute to heel pain. If you experience severe heel pain, swelling in the heel or surrounding areas, or difficulty bearing weight on the affected foot, these may be signs that your heel pain is more than just plantar fasciitis.</p>
3:30 – 4:15 PM	Rash Decisions and Spot the Difference – Dr. Joseph Frenkel <p>Join Joseph Frenkel (Podiatrist, Academic) for a practical and interactive session where he reviews of the latest research and treatment methods for lower limb rashes such as dermatitis and infections and introduce the basics of assessment of suspect skin lesions.</p>
4:15 PM	Closing Remarks/Evaluations/2026 Conference Announcement