

Nursing interventions for foot disorders in older adults: a scoping review protocol

Intervenciones de enfermería para trastornos del pie en adultos mayores: protocolo de revisión de alcance

Intervenções de enfermagem para distúrbios dos pés em pessoas idosas: um protocolo de revisão de escopo

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Abstract

The aim was to map podiatric nursing interventions for the foot care of elderly people in health services. A scoping review protocol, registered in the Open Science Framework (DOI identifier 10.17605/OSF.IO/K8ZD4), will follow the recommendations of the Joanna Briggs Institute and the international guide Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews. The review question is "What are the podiatric nursing interventions for foot care of elderly people in health services?". Six databases (MEDLINE, LILACS, Web of Science, Scopus, CINAHL, and SciELO) and two grey literature sources (Digital Library of Theses and Dissertations and Google Scholar) will be consulted using specific search strategies developed by a specialist librarian. Two independent reviewers will select the evidence using the Rayann tool, including clinical and observational studies, reviews, editorials, and clinical guidelines. Data extraction will be performed using the Scispace® tool, and evidence synthesis will be conducted through content analysis using the ATLAS.ti software. The aim is to contribute to the production of care protocols that can be submitted to future field research focused on evaluating the effectiveness of interventions.

Descriptors: Podiatry; Aged; Health Services for the Aged; Nursing Care; Biomedical Technology.

Resumén

El objetivo fue mapear las intervenciones de enfermería podiátrica para el cuidado de los pies de las personas mayores en los servicios de salud. Un protocolo de revisión de alcance, registrado en el Open Science Framework (identificador DOI 10.17605/OSF.IO/K8ZD4), seguirá las recomendaciones del Instituto Joanna Briggs y la guía internacional Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews. La pregunta de la revisión es "¿Cuáles son las intervenciones de enfermería podiátrica para el cuidado de los pies de las personas mayores en los servicios de salud?". Se consultarán seis bases de datos (MEDLINE, LILACS, Web of Science, Scopus, CINAHL y SciELO) y dos fuentes de literatura gris (Digital Library of Theses and Dissertations y Google Scholar) utilizando estrategias de búsqueda específicas desarrolladas por un bibliotecario especializado. Dos revisores independientes seleccionarán la evidencia utilizando la herramienta Rayann, que incluye estudios clínicos y observacionales, revisiones, editoriales y guías clínicas. La extracción de datos se realizará mediante la herramienta Scispace®, y la síntesis de la evidencia se llevará a cabo mediante análisis de contenido con el software ATLAS.ti. El objetivo es contribuir a la elaboración de protocolos de atención que puedan presentarse en futuras investigaciones de campo centradas en la evaluación de la efectividad de las intervenciones.

Descriptorios: Podología; Anciano; Servicios de Salud para Ancianos; Atención de Enfermería; Tecnología Biomédica.

Resumo

Objetivou-se mapear as intervenções de enfermagem podiátrica para cuidado dos pés de pessoas idosas em serviços de saúde. Protocolo de revisão de escopo, registrado no *Open Science Framework* (identificador DOI 10.17605/OSF.IO/K8ZD4), que seguirá as recomendações do *Joanna Briggs Institute* e do guia internacional *Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews*. A pergunta de revisão é "Quais as intervenções de enfermagem podiátrica para o cuidado dos pés de pessoas idosas em serviços de saúde?". Seis bases de dados (MEDLINE, LILACS, *Web of Science*, *Scopus*, CINAHL e SciELO) e duas fontes de literatura cinzenta (Biblioteca Digital de Teses e Dissertações e *Google Acadêmico*) serão consultadas, por meio de estratégias de busca específicas, construídas por uma bibliotecária especialista. Dois revisores independentes selecionarão as evidências, com o auxílio da ferramenta *Rayann*, e incluirão estudos clínicos e observacionais, revisões, editoriais e diretrizes clínicas. A extração dos dados será realizada por meio da ferramenta *Scispace®* e a síntese da evidência se dará por meio de análise de conteúdo através do software ATLAS.ti. Espera-se colaborar para produção de protocolos assistenciais que possam ser submetidos a pesquisas de campo futuras com foco na avaliação da efetividade das intervenções.

Descritores: Podiatria; Idoso; Serviços de Saúde para Idosos; Cuidados de Enfermagem; Tecnologia Biomédica.



Introduction

Promoting healthy aging with full functional capacity and autonomy should be a goal of the entire healthcare team. However, for this goal to be fully achieved, it is necessary to adopt a life-course perspective, that is, permeating all actions from prenatal care to old age¹. Promoting healthy aging involves primary, secondary, and tertiary prevention actions throughout the life course.

Among the problems that can affect the functional capacity of elderly people are those related to the feet. Analyzing this topic from a life course perspective, it becomes clear that limitations resulting from foot problems are consequences of situations, habits, and conditions that accumulate throughout life, leading to changes that directly affect the quality of life of older people. Therefore, although the prevention of these problems needs to be understood from childhood, it is in old age that the consequences are concentrated.

Several changes can affect the feet of elderly people, such as calluses, onychomycosis, tinea pedis ("athlete's foot"), xeroderma, heel spurs, plantar warts, hammer toes, overlapping toes, claw toes, arthritis, osteoarthritis, and onychogryphosis, among others. In addition to these, those related to systemic diseases are also noteworthy, such as postural deformities, gait disorders, sensory deficits, peripheral arterial diseases etc². In addition to the high prevalence of foot disorders in elderly people, this study is also justified by the gap in knowledge in current scientific literature that correlates the theme of clinical podiatry and gerontological aspects. As an example, it is noted that the proceedings of a scientific event held in 2023 on clinical podiatry did not present any published abstracts that specifically addressed gerontological aspects³.

Given these aspects, specialized care is necessary. In this sense, clinical podiatry stands out, defined as a nursing specialty that seeks to promote foot health^{3,4}. Similarly, health technologies can be tools for clinical podiatry to minimize the impact of foot problems on the quality of life of older adults.

Considering the multitude of conditions that can affect the foot health of elderly people, as well as the potential for achieving favorable health outcomes in this population through specialized care, the objective of this study was to map podiatric nursing interventions for foot care of elderly people in health services.

Methodology

This is a scope review protocol to be conducted in accordance with the methodology of the Joanna Briggs Institute (JBI)⁵. Furthermore, the process of systematically organizing the sample for conducting the research, analyzing the studies, and constructing the results will follow the recommendations of the Preferred Reporting Items for Systematic Reviews and Meta-Analysis - Extension for Scoping Reviews (PRISMA-ScR)⁶, to add reliability to the review by refining the process of analyzing and presenting the results. This scoping review protocol was registered in the Open Science Framework under the DOI identifier: 10.17605/OSF.IO/K8ZD4.

Review Question

The guiding question was formulated based on the mnemonic PCC, which refers to Population (P), Concept (C), and Context (C), so the question will be: "What are the podiatric nursing interventions for the care of the feet of elderly people in health services?"

Sources

The search will be conducted in the following databases: Medical Literature and Retrieval System Online (MEDLINE), via PubMed; Latin American and Caribbean Literature in Health Sciences (LILACS) via the Virtual Health Library (BVS); The Cumulative Index to Nursing and Allied Health Literature (CINAHL), via the EBSCO platform; Scopus (Elsevier), via the CAPES (Coordination for the Improvement of Higher Education Personnel) Periodicals Portal; Web of Science (Clarivate), via the CAPES Periodicals Portal; and SciELO. In addition, the following will also be consulted as grey literature sources: the Brazilian Digital Library of Theses and Dissertations (BDTD) and Google Scholar.

Eligibility Criteria

Considering the principles of the mnemonic used, the population will consist of elderly people, and the basic concept under analysis will be represented by podiatric nursing interventions for foot care in the context of health services.

The inclusion criteria were organized according to the items that make up the PCC mnemonic. Thus, regarding the population, studies conducted with elderly people (over 60 years of age) with or without geriatric syndromes will be included^{2,7,8}.

Regarding the concept, studies that address nursing interventions will be included, defined as any treatment that, based on judgment and clinical knowledge, a nurse puts into practice to improve patient outcomes, including direct care interventions (performed through direct interaction with the patient or group of patients) or indirect care interventions (care related to the management of the care environment and multidisciplinary collaboration) within the scope of podiatry, that is, related to foot care⁹. Regarding the context, studies conducted in all types of services will be included, that is, at all levels of health care^{10,11}.

The following types of documents will be considered for inclusion: clinical studies, observational studies, synthesis studies (narrative, integrative, scoping, or systematic reviews), editorials, guidelines, or care protocols, without a time frame, in the following languages: English, Spanish, or Portuguese. Studies replicated across different information sources will be excluded.

Search Strategies

The first stage of the search was carried out on March 26, 2026, through a survey on the Open Science Framework platform using the keyword "Podiatry". Sixteen records were found, of which only one was described as a rapid review protocol to determine foot care needs of elderly residents in long-term care facilities (LTCF)¹⁰. Given that the present research will not focus exclusively on



residents in these units, the unprecedented nature of this study was reiterated.

In the second stage, an initial limited search was conducted in the Medical Literature and Retrieval System Online (MEDLINE), via PubMed, and in the Latin American and Caribbean Literature in Health Sciences (LILACS) via the

Virtual Health Library (VHL) to identify words relevant to the scope of the research. In the third stage, based on the keywords and descriptors selected in the previous stage, a librarian specializing in the health field constructed complete search strategies for each information source, as shown in Chart 1.

Chart 1. Search strategies according to information sources. Niterói, RJ, Brazil, 2025

| Sources of information | Search strategies |
|--|--|
| MEDLINE March 26, 2025 108 documents retrieved | ("Aged"[Mesh] OR aged OR Elderly OR "elderly population" OR senior OR "senior citizens" OR old OR "old-aged" OR "old people" OR "old person" OR older people OR "Aged, 80 and over"[Mesh] OR "Oldest Old" OR "Health Services for the Aged"[Mesh] OR "Health of the Elderly") AND (("Podiatry"[Mesh] OR Podiatry OR Chiropody OR "Foot Diseases"[Mesh] OR "Foot Diseases" OR "Foot Disease" OR "Fasciitis, Plantar"[Mesh] OR "Plantar Fasciitis" OR "Policeman's Heel" OR "Heel Spur Syndrome" OR "Chronic Plantar Fasciitis" OR "Heel Spur"[Mesh] OR "Heel Spur" OR "Heel Spurs" OR "Calcaneal Spur" OR "Calcaneal Spurs" OR "Foot Dermatoses"[Mesh] OR "Foot Dermatoses" OR "Foot Dermatitis" OR "Foot Ulcer"[Mesh] OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcer" OR "Plantar Ulcers" OR "Foot Deformities"[Mesh] OR "Foot Deformities" OR "Foot Deformity" OR "Metatarsal Deformity" OR "Metatarsal Deformities" OR "Nail Diseases"[Mesh] OR "Nail Diseases" OR "Nail Disease" OR "Onychomycosis"[Mesh] OR "Onychomycosis" OR Onychomycoses OR "Nail Fungus" OR "Tinea Unguium" OR "Diabetic Foot"[Mesh] OR "Diabetic Foot" OR "Diabetic Feet") AND ("Nursing Care"[Mesh] OR "Nursing Care" OR "Nursing Care Management"))). |
| LILACS March 26, 2025 19 documents retrieved | ((mh:("Idoso") OR idoso* OR "Pessoa Idosa" OR "Pessoas Idosas" OR "População Idosa" OR aged OR elderly OR "elderly population" OR senior OR "senior citizens" OR old OR "old-aged" OR "old people" OR "old person" OR older people OR anciano OR "personas añosas" OR "personas mayores" OR elder OR eldest OR mh:("Aged, 80 and over") OR "Aged, 80 and over" OR "Oldest Old" OR anciano de 80 o más años OR mh:("Saúde do Idoso") OR "Saúde da Pessoa Idosa" OR "Saúde da Terceira Idade" OR "salud del anciano" OR "salud de los ancianos" OR "salud en el envejecimiento" OR "salud en la tercera edad" OR "Health of the Elderly" OR "Aging Health" OR "Elderly Health" OR "Health of Aged Persons" OR "Health of Elders" OR "Health of the Aged")) AND ((mh:("Podiatria") OR podiatria OR podologia OR quiropodia OR podiatry OR chiropody OR mh:("Doenças do Pé") OR "Doenças do Pé" OR "Enfermedades del Pie" OR "Foot Diseases" OR "Foot Disease" OR mh:("Fasciíte Plantar") OR "Fasciíte Plantar" OR "fasciitis plantar" OR "Fasciitis, Plantar" OR mh:("Esporão do Calcâneo") OR "Esporão do Calcâneo" OR "Espolón Calcáneo" OR "Heel Spur" OR mh:("Dermatoses do Pé") OR "Dermatoses do Pé" OR "Dermatitis del Pie" OR "Foot Dermatoses" OR "Foot Dermatitis" OR mh:("Úlcera do Pé") OR "Úlcera do Pé" OR "Úlcera Plantar" OR "Úlcera del Pie" OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcers" OR mh:("Deformidades do Pé") OR "Deformidades do Pé" OR "Deformidades del Pie" OR "Foot Deformities" OR "Foot Deformity" OR mh:("Doenças da Unha") OR "Doenças da Unha" OR "Onicopatias" OR "Enfermedades de la Uña" OR "enfermedades ungueales" OR "Nail Diseases" OR "Nail Disease" OR mh:("Onicomíose") OR onicomicos* OR "Fungo de Unha" OR "Fungo de Unhas" OR "Micose Ungueal" OR onychomycosis OR mh:("Pé Diabético") OR "Pé Diabético" OR "Úlcera Diabética do Pé" OR "Pie Diabético" OR "úlcera del pie diabético" OR "Diabetic Foot" OR diabetic feet) AND (mh:("Cuidados de Enfermagem") OR "Cuidados de Enfermagem" OR "Assistência de Enfermagem" OR "Atendimento de Enfermagem" OR "Cuidado de Enfermagem" OR "Gestão da Assistência de Enfermagem" OR "Sistematização da Assistência de Enfermagem" OR enfermagem OR "Atención de Enfermería" OR "Atención de Enfermería" OR enfermería OR "Nursing Care" OR "Nursing Care Management" OR nursing) AND (db:("LILACS"))). |
| Web of Science March 26, 2025 22 documents retrieved | ((ALL=("aged" OR "Elderly" OR "elderly population" OR "senior" OR "senior citizens" OR "old" OR "old-aged" OR "old people" OR "old person" OR "older people" OR "Aged, 80 and over" OR "Oldest Old" OR "Health Services for the Aged" OR "Health of the Elderly")) AND ALL=("Podiatry" OR "chilopoda" OR "Foot Diseases" OR "Foot Diseases" OR "Foot Disease" OR "Plantar Fasciitis" OR "Heel Spur Syndrome" OR "Chronic Plantar Fasciitis" OR "Heel Spur" OR "Heel Spurs" OR "Calcaneal Spur" OR "Calcaneal Spurs" OR "Foot Dermatoses" OR "Foot Dermatitis" OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcer" OR "Plantar Ulcers" OR "Foot Deformities" OR "Foot Deformity" OR "Metatarsal Deformity" OR "Metatarsal Deformities" OR "Nail Diseases" OR "Nail Disease" OR "Onychomycosis" OR "onychomycosis" OR "Nail Fungus" OR "Tinea Unguium" OR "Diabetic Foot" OR "Diabetic Feet")) AND ALL=("Nursing Care" OR "Nursing Care Management"). |
| Scopus March 26, 2025 80 documents retrieved | (TITLE-ABS-KEY (aged OR elderly OR "elderly population" OR senior OR "senior citizens" OR old OR "old-aged" OR "old people" OR "old person" OR "older people" OR "Aged, 80 and over" OR "Oldest Old" OR "Health Services for the Aged" OR "Health of the Elderly") AND TITLE-ABS-KEY ("Podiatry" OR chiropody OR "Foot Diseases" OR "Foot Diseases" OR "Foot Disease" OR "Plantar Fasciitis" OR "Heel Spur Syndrome" OR "Chronic Plantar Fasciitis" OR "Heel Spur" OR "Heel Spurs" OR "Calcaneal Spur" OR "Calcaneal Spurs" OR "Foot Dermatoses" OR "Foot Dermatoses" OR "Foot Dermatitis" OR "Foot Ulcer" OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcer" OR "Plantar Ulcers" OR "Foot Deformities" OR "Foot Deformity" OR "Metatarsal Deformity" OR "Metatarsal Deformities" OR "Nail Diseases" OR "Nail Disease" OR "Onychomycosis" OR onychomycoses OR "Nail Fungus" OR "Tinea Unguium" OR "Diabetic Foot" OR "Diabetic Feet") AND TITLE-ABS-KEY ("Nursing Care" OR "Nursing Care Management")). |
| CINAHL 03/26/2025 44 documents recovered | ((MM "Aged") OR Aged OR Elderly OR "Old Persons" OR "Older Persons" OR (MM "Aged, 80 and Over") OR "80 and over" OR "Aged over 80" OR "Over 80" OR (MM "Health Services for Older Persons") OR "Gerontologic Health Service" OR "Gerontologic Health Services" OR "Gerontological Health Services") AND ((MM "Podiatry") OR Chiropody OR (MM "Foot Diseases") OR "Foot Diseases" OR "Foot Disease" OR (MM "Plantar Fasciitis") OR "Plantar Fasciitis" OR (MM "Heel Spur") OR "Heel Spur" OR OR "Calcaneal Spur" OR "Calcaneal |



| Sources of information | Search strategies |
|---|--|
| | Spurs" OR "Heel Spurs" OR ""Foot Dermatoses"" OR (MM "Foot Ulcer") OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcer" OR "Ulcers Foot" OR (MM "Foot Deformities") OR "Foot Deformities" OR "Foot Deformity" OR (MM "Nail Diseases") OR "Nail Diseases" OR "Nail Disease" OR (MM "Onychomycosis") OR Onychomycosis OR "Fungal Nail Infection" OR (MM "Diabetic Foot") OR "Diabetic Foot" OR "Diabetic Feet" OR "Foot Ulcers Diabetic") AND ((MM "Nursing Care") OR "Nursing Care" OR "Nursing Care Management"). |
| SciELO March 26, 2025 53 documents retrieved | ((idoso OR idosos OR "Pessoa Idosa" OR "Pessoas Idosas" OR "pacientes idosos" OR "paciente idoso" OR "População Idosa" OR "população de idosos" OR aged OR elderly OR "elderly population" OR senior OR "senior citizens" OR old OR "old-aged" OR "old people" OR "old person" OR older people OR "older adults" OR "elderly patients" OR "elderly individuals" OR "adultos mayores" OR anciano OR ancianos OR "personas añosas" OR "personas mayores" OR "pacientes idosos") AND ((pés OR pies OR "pés diabéticos" OR "Pé Diabético" OR "menbro inferior" OR "pés dos idosos" OR "pie diabético" OR "pressão plantar" OR "shoe size" OR "pé doloroso" OR "pies de los ancianos" OR "foot changes" OR "préson plantar" OR "feet problems" OR "Fasciíte Plantar" OR "fascitis plantar" OR "Esporão do Calcâneo" OR "Espolón Calcáneo" OR "Heel Spur" OR "Dermatoses do Pé" OR "Dermatosis del Pie" OR "Foot Dermatoses" OR "Foot Dermatitis" OR "Úlcera do Pé" OR "Úlcera Plantar" OR "Úlcera del Pie" OR "Foot Ulcer" OR "Foot Ulcers" OR "Plantar Ulcers" OR "Deformidades do Pé" OR "Deformidades del Pie" OR "Foot Deformities" OR "Foot Deformity" OR "Doenças da Unha" OR onicopatias OR "Enfermedades de la Uña" OR "enfermedades ungueales" OR "Nail Diseases" OR "Nail Disease" OR onicomucose OR onicomicoses OR "Fungo de Unha" OR "Fungo de Unhas" OR "Micose Ungueal" OR onychomycosis OR "Úlcera Diabética do Pé" OR "Pie Diabético" OR "úlceras del pie diabético" OR "Diabetic Foot" OR "diabetic feet")) AND (("Cuidados de Enfermagem" OR "Assistência de Enfermagem" OR "Atendimento de Enfermagem" OR "Cuidado de Enfermagem" OR "Gestão da Assistência de Enfermagem" OR "Sistematização da Assistência de Enfermagem" OR enfermagem OR "Atención de Enfermería" OR "Atención de Enfermería" OR enfermería OR "Nursing Care" OR "Nursing Care Management" OR nursing)). |
| Digital Library of Theses and Dissertations March 26, 2025 8 documents Retrieved | (Todos os campos:"podiatría" OR "podiatry") |
| Google Scholar March 26, 2025 35 documents retrieved | "podiatría" and "idoso" |

The selection of studies will occur in two stages: an initial screening, with the reading of titles and abstracts, and an expanded screening, with the reading of the full text of the publications. For the initial screening, as well as to enable the removal of duplicates, the studies obtained will be exported to the Rayyan[®] tool, created by the Qatar Computing Research Institute (QCRI).

This process will be carried out through peer review, with the participation of two researchers, who will individually select eligible studies, which may lead to disagreements in the selection. Subsequently, a third reviewer will resolve any disagreements presented in the first selection. For the expanded screening, a Microsoft Excel[®] spreadsheet will be used, in which the initially selected studies will be entered as the full texts are read, based on which compliance with the inclusion criteria will be evaluated. The results of the research and the study inclusion process will be fully reported in the final scoping review and presented in the PRISMA-ScR flowchart⁵.

Data Extraction

Based on a complete reading of the selected studies, data will be extracted using an instrument whose construction will be based on the JBI's standardized data extraction tool⁵, however, aspects related to the theme of this review will be included. That is, the instrument will be

organized into three categories for extracting essential data from the selected studies.

The first category will present the components: bibliographic data (title, year of publication, journal, country, and authors) and study characteristics (objectives, methodological design, level of care at which the research was conducted). The second will relate the data of the sample included in the study, such as age (mean or median), sex (relative frequency), underlying diseases (relative frequency), and foot alterations found in elderly people described in the publication. The third category will refer to the concept and will consist of nursing interventions or care performed focusing on foot alterations in elderly people.

The data will be obtained by two independent reviewers using the free version of the Scispace[®] tool (California, USA, <https://scispace.com/>), entered a Microsoft Excel[®] spreadsheet, and subsequently compared. Any disagreements between the reviewers will be resolved through discussion, without the need to involve a third reviewer.

Data Analysis and Presentation

A narrative synthesis will be adopted, aiming to organize and describe in a structured and understandable way the main findings of the included evidence regarding podiatric nursing interventions focused on the feet of elderly



people that will be identified in the studies. These interventions will be organized into conceptual categories through content analysis using the ATLAS.ti software^{12,13}. The occurrences of these categories will be organized into tables and flowcharts, created using Microsoft Word® and Microsoft PowerPoint® software.

Expected Results

Nursing is known to be a scientific discipline and, as such, has developed based on the generation, expansion,

and refinement of its knowledge base, demonstrating its specific contribution to providing safe, high-quality care and producing beneficial health outcomes for individuals, families, and communities⁸.

Thus, it is expected that the synthesis of podiatric nursing interventions aimed at elderly people with foot disorders, through a scoping review, will contribute to the production of care protocols that can be submitted to future field research, focusing on evaluating the effectiveness of the care described.

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