

## JANUARY 2007 JOURNAL CLINICAL QUESTIONNAIRE/ANSWER SHEET

The following questions will apply for CME credit for the 2008-2009 recertification year. All completed answer sheets should be held until you receive your recertification notice in the mail (April of 2008). At that time, attach all JOURNAL answer sheets to your notice and mail to:

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### CRACKS and FISSURES

Cracks and fissures are \_\_\_\_\_ in your skin. They may be the result of skin that is too dry or too moist. When skin is too \_\_\_\_\_, it can become rough and flaky. A large fissure often forms at the base of the heel. When skin is too \_\_\_\_\_, you may get a bacterial or fungal infection. This can cause cracks between the toes. People who often walk barefoot or wear open shoes are at risk for dry skin. People who wear shoes without socks or shoes and socks that don't \_\_\_\_\_ well are at risk for moist skin problems.

#### *What Causes Cracks and Fissures?*

Your skin is a complex organ that requires the right amount of moisture to stay \_\_\_\_\_. It can be hard to achieve the right balance of moisture in your feet. When skin is too dry or too moist, cracks or fissures may appear.

#### *When Skin Is Too Dry*

Walking barefoot can strip your skin of its natural oil. So can wearing sandals or open shoes. Natural oils form a protective layer on your skin. Without enough oils, skin may crack. Cracks may \_\_\_\_\_, becoming deep fissures. These fissures may not be able to heal on their own. Cracks and fissures leave your foot open to \_\_\_\_\_.

#### *When Skin Is Too Moist*

Moist skin can result from not drying feet after bathing, or from excess \_\_\_\_\_. Wearing shoes without socks or shoes and socks that don't ventilate can trap sweat on your feet. Overly moist skin can encourage \_\_\_\_\_ and \_\_\_\_\_ to grow. This weakens your skin, leading to cracks. Fungus can progress to athlete's foot or thick fungal nails.

#### *The Physical Exam*

An examination of the problem will include questions about the patient's medical \_\_\_\_\_, current \_\_\_\_\_, and the kinds of shoes worn. Inspection of the feet for breaks in the skin, growths, drainage and redness is also done. In addition, the skin may also be tested for fungus.

#### *Treatment*

If moist skin is causing fungus or bacteria, \_\_\_\_\_ may be applied to the feet. Antifungal foot soaks or lotion may be prescribed for use at home. In some cases, oral medications may also be prescribed. If the skin is dry, the doctor may remove rough patches with a pumice or special lotion. Fissures may be taped to help them heal. An antibiotic ointment may be prescribed to soothe cracks and prevent infection.

*Caring For Dry Skin*

- Use \_\_\_\_\_ on your feet after bathing and at bedtime.
- Ask your doctor before using a pumice stone to reduce calluses.
- Never walk barefoot. Avoid sandals and other open shoes.

*Caring For Moist Skin*

- Always dry between your toes after bathing. Don't apply moisturizer between toes.
- Ask your doctor about using antifungal powders and lotions or special foot anti-perspirants.
- Choose \_\_\_\_\_ socks instead of nylon.

15 -- 13 correct answers	5 credits
12 -- 10 correct answers	4 credits
9 -- 7 correct answers	3 credits
6 -- 4 correct answers	2 credits
3 -- 1 correct answers	1 credit

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Fill in the blanks with these words –

- bacteria                      dry                      fungus                      breathe
- history                      infection                      cotton                      sweat
- moisturizer                      symptoms                      widen                      medication
- moist                      healthy                      breaks

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_