



PPRS Nail Care Training

A PPRS staff member may assist and perform Nail Care which includes soaking of nails, pushing back cuticles without utensils, and filing of nails after successfully completing of this PPRS Nail Care Training. Nail Care consists of daily checking and washing hands and nails because dirty nails spread infection. Nails should be clean, short, and smooth. At PPRS consult with Beverly Seemann and follow the client binder information chart for clarification on which client's need to receive nail care and which staff are qualified to perform different types of nail care.

Nail care is important in the maintenance of personal hygiene and is an essential aspect of client care. Poor nail care can be viewed as neglect, and can leave the client feeling unclean and uncared for. Failure to undertake remedial action such as filing or cutting a nail may be viewed as an omission of care. Effective nail care is essential in reducing infection rates and maintaining client's health.

Please label the nail care supplies with their name and room number on plastic bag and store them in the locked closet. It is never ok to use the same nail clippers or nail file with other clients.

Materials needed:

1. Gloves
2. Nail clipper
3. Nail file
4. Plastic baggy

5. Soaking bowl
6. Sponge or wash cloth

Procedures for Trimming Nails for CNA's:

1. Explain why nail care is necessary.
2. Obtain verbal consent before cleaning or trimming the nails.
3. To encourage participation and independence, plan nail care and encourage involvement
4. Seek the individual's preference regarding the shape of fingernails, if appropriate.
5. To minimize the risk of cross-infection, wash hands and use disposable gloves and an apron.
6. Use a disposable emery board and file the nail to ensure that there are no sharp corners that could cause adjacent toe or finger injury or nail avulsion.

AREAS OF CONCERN

If you observe any of the things below during nail care, they must be reported to Beverly Seemann and documented on the care chart:

1. Tearing that could lead to infection
2. Redness around the nails or nail bed
3. Chipped or torn nail
4. **Remember, trimming or cutting of nails is strictly prohibited.**

