



FINGERNAIL CARE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=RXA-OFJCYSS&T=5S](https://www.youtube.com/watch?v=RXA-OFJCYSS&T=5S)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=UIXZ_REKPE0](https://www.youtube.com/watch?v=UIXZ_REKPE0)

For the HCA skills test the client is sitting at a table while this care is provided.

If a client has a circulatory problem or diabetes, a Home Care Aide should not use an orange stick on the client's fingernails.

Blood supply may be affected, resulting in slower healing. You may also lose some feeling in your feet due to nerve damage. (may not realise they have minor cuts or blisters, which can lead to ulcers.) cuts and sores may not heal

TO SUCCESSFULLY DEMONSTRATE THIS SKILL YOU NEED

- Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills
 - Assemble appropriate equipment (for the test no assisting device)
 - Wash hands
 - Identify yourself
 - Provide privacy
 - Explain the procedure to the patient
- Plan your actions well

SUPPLIES

- Paper towel
- Lotion
- Wash clothes
- Basin
- Gloves
- Big towel



Wash hands and put on gloves





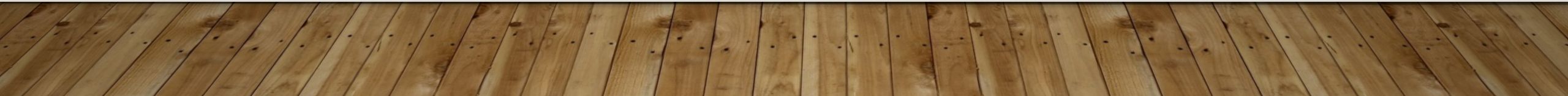
Put water in a bowl.
Confirm the water is safe and at a
comfortable temperature for the client.
Adjust if necessary

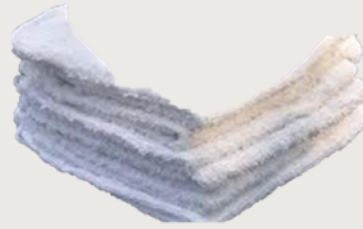


Place water at a comfortable level for client

Put client's fingers in water and allow to soak

NO SOAPING





Pat dry client's hand including between fingers, prior to shaping or cleaning client's fingernails

Dry client's hand by patting with towel, not rubbing



Clean under nails with orange stick. Wipe orange stick on towel after cleaning each nail

GROOM NAILS WITH FILE OR EMERY BOARD



- Move back and forth with an emery board and do not go too deeply into the corners as this can cause the nail to split and weaken nails
File nails from one side to the other in one direction only or file each nail tip from corner to center
Cuticles act as a barrier to infection. Do not clip cuticles
Finish with nails smooth and free of rough edges



Offer to apply lotion

EMPTY, CLEAN WATER BOWL(S), STORE EQUIPMENT,





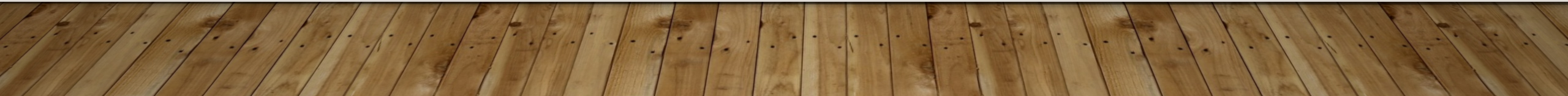
DISPOSE OF USED LINEN(S) AND
TRASH APPROPRIATELY
AND
LEAVE THE TABLE DRY AT
COMPLETION OF PROCEDURE

REMOVE GLOVES, WASH HANDS



THE FOLLOWING ARE GENERAL TIPS WHEN HELPING A CLIENT WITH NAIL CARE

- Inspect your client's feet and hands regularly for changes in color (especially redness), temperature, blisters, cuts or scratches, cracks between the toes / fingers, or other changes
- Document and report any swelling or redness you notice around the area.
- Always verify the client's care plan prior to performing nail care
- Monitor minor cuts and keep them clean



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- Do not put lotion in-between the toes – the lotion causes moisture that promotes fungal growth
 - Do not cut down the corners of a client's nails or dig around the nail with a sharp instrument for any client
 - Smooth, clean nails provide comfort and safety for a client. Jagged or sharp nails can catch and tear on clothing and may cause injury to the toes / fingers.
 - Always handle a client's feet and hands gently and carefully

REFERENCES

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