

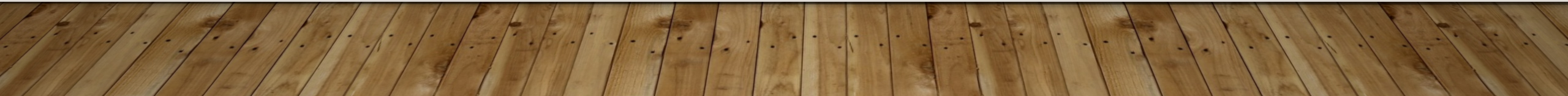


# የጣት ጥፍር እንክብካቤ

---

[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)



---

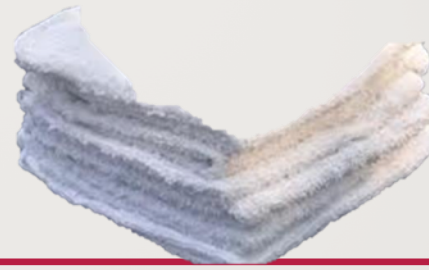
ለ HCA ክህሎት ሙከራ ይህ እንክብካቤ በሚሰጥበት ወቅት ደንበኛው ጠረጴዛ አጠገብ ይቀመጣል፡፡

ደንበኛው የሚመለስ ችግር ወይም የስኳር በሽታ ካለው፣ የቤት እንክብካቤ እርዳታ በደንበኛው የጣት ጥፍሮች ላይ ቢጫውን ስንጥር አይጠቀምም፡፡

የደም አቅርቦት ሊጎዳ ይችላል፣ እንዲሁም በነርቭ መጎዳት ምክንያት በእግርዎ ላይ የተወሰነ ስሜት ሊያጡ ይችላሉ፡፡ (ትንሽ ቁስሎች ወይም አረፋዎች እንዳሉ ላያውቅ ይችላል፣ ይህም ወደ ቁስለት ሊመራ ይችላል፡፡) ቁስሎች በቀላሉ አይድኑም፡፡



# አቅርቦቶች



- ዕቃዎች፤
- የወረቀት ፎጣ፤
- ሎሽን፤
- ገንዳ፤
- ዳንት፤
- ትልቅ ፎጣ



# ደንበኛ ለመራመድ መርዳት - ይህን ክህሎት በተሳካ ሁኔታ ለማሳየት የሚከተሉት ያስፈልጋሉ፡

---

- የ S.W.I.P.E.S.(supplies, wash hangs, Identify yourself, privacy, scan the area) የግንኙነቶች / የደንበኞች መብቶች እና የተለመዱ የእንክብካቤ ልምዶች ይጠቀሙ
  - ተስማሚ መሳሪያዎችን ያስባስቡ (ለሙከራ ምንም አጋዥ መሳሪያ የለም)
  - እጅን መታጠብ
  - እራስዎን ይለዩ (Identify yourself)
  - ግላዊነትን ይስጡ (provide privacy)
  - ለታካሚው ሂደቱን ያብራሩ



# አጅን ይታጠቡ እና ጓንት ያድርጉ

---





ጎድጓዳ ሳህን ውስጥ ውሃ ያድርጉ::

ውሃው ደህንነቱ የተጠበቀ እና ለደንበኛው ምቹ በሆነ  
የሙቀት መጠን ላይ መሆኑን ያረጋግጡ::  
አስፈላጊ ከሆነ ያስተካክሉ





ለደንበኛው ውሃ በሚመች ደረጃ ላይ  
ያስቀምጡት

Put client's fingers in water  
and allow to soak

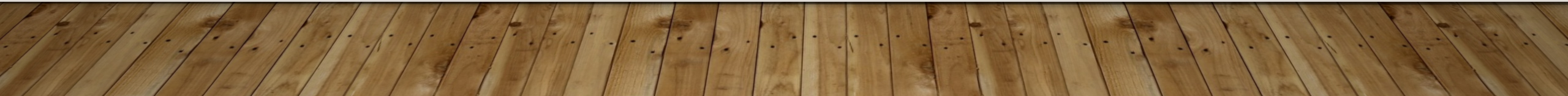
---

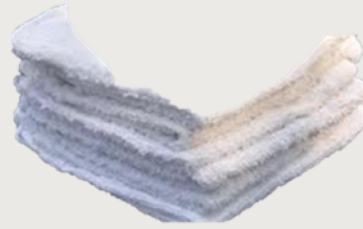
የደንበኛውን ጣቶች በውሃ ውስጥ ያጥልቁ እና እንዲፈገፍገው ይፍቀዱ  
የደንበኛውን የጣት ጥፍሮች ከመሞረድ ወይም ከማፅዳት በፊት፣ በጣቶች  
መካከል ጨምሮ የደንበኛውን እጅ ያድርቁ



# NO SOAPING

---





የደንበኛውን እጅ በማሸት ሳይሆን  
ቸብቸብ በማድረግ ድርቁት

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





በቢጫው ስንጥር ጥፍር ስር  
ያፅዱ:: እያንዳንዱን ጥፍር ካፀዱ  
በኋላ ቢጫውን ስንጥር በፎጣው  
ላይ ይጥረጉት

# የብርጭቆ ወረቀት መስል መሞረድ ጥፍሩን ለስላሳ እና የማይዋጋ በማድረግ ይጨርሱ

---

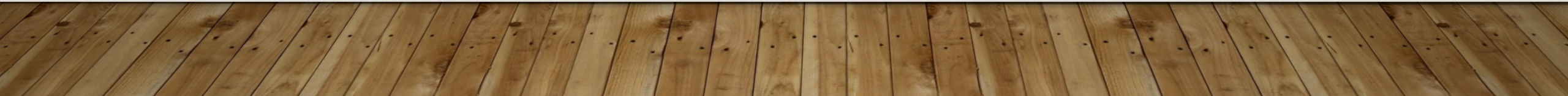


- መሞረጃውን ወደ ፊት እና ወደ ኋላ በማንቀሳቀስ ያለስልሱ ግን ጥፍር እንዲሰነጠቅ እና እንዲሳሳ ሊያደርግ ስለሚችል በጠርዞቹ በኩል ወደ ውስጥ እንዳትገቡ ጥፍርን በእንድ አቅጣጫ ከእንድ ወገን ወደ ሌላው ጎን ይሞርዱት ወይም እያንዳንዱን ጥፍር አናት ከአንድ ጥግ ወደ መካከል ይሞርዱ
- በጥፍር ስር ያሌ የሞቱ ትሹዎች ለእንፌክሽን እንደ መከላከያ ያግዳል። የሞቱ ትሹዎችን አታውጡ ጥፍሮችን በማለስለስ እና ሸካራ ጫፎችን በማፅዳት ይጨርሱት





ኡሽን ለመቀባት ይጠይቁ



ባዶ የንፁህ ውሃ ጎድጓዳ ሳህን(ኖች)፣ የማስቀመጫ እቃዎች፣ በጥቅም ላይ የዋሉ ሊኖ(ዎች)ን በትክክል ይጣሉ

---







ያገለገሉ እቃዎችን እና ቆሻሻዎችን በአግባቡ  
ያስወግዱ

እና ሁድቱ ሲያጠናቅቁ ጠረጴዛውን በማድረቅ  
ይተውት

ጓንት ያውልቁ እና እጅን ይታጠቡ

---





# ለደንበኛ ጥፍር እንክብካቤ ሲረዱ የሚከተሉት አጠቃላይ ምክሮች ናቸው፡

---

- የቀለም ለውጦች (በተለይም መቅለት) ፣ የሙቀት መጠን ፣ አረፋዎች ፣ መቆረጥ ወይም መባጠል ፣ በእግር እና እጅ ጣቶች መካከል ያሉ ስንጥቆች ወይም ሌሎች ለውጦች በደንበኛዎ እግር እና እጅ ላይ መኖሩን በየጊዜው ይመርምሩ። በአከባቢው ዙሪያ የሚያዩትን ማናቸውንም እብጠት ወይም መቅለት ይመዝግቡ እና ያሳውቁ ።
- ሁል ጊዜም የደንበኛን የጥፍር እንክብካቤ ከማድረግዎ በፊት የደንበኛን እንክብካቤ እቅድ ያረጋግጡ
- ጥቃቅን መቆረጦችን ይከታተሉ እና ያፀዱአቸው

- 
- በጣቶች መካከል ሎሽን አይቀቡ - ሎሽኑ የፈንገስ እድገትን የሚያራባ እርጥበትን ያስከትላል
  - የደንበኛን ጥፍሮች ጥግ አይቁረጡ ወይም በጥፍሩ ዙሪያ ለማንኛውም ደንበኛ በሹል መሳሪያ አይቆፍሩ
  - ለስላሳ፣ ንፁህ ጥፍሮች ምቹትን እና ሰላምን ለደንበኛ ይሰጣሉ። ወጣ ገባ ወይም ሹል ጥፍር ልብን መያዝ እና መቅደድ እና ምናልባትም ለእግር/ እጅ ጣቶች ጉዳትን ማስከተል ይችላል ይሆናል።
  - ሁል ጊዜም የደንበኛን እግር እና እጅ በጥንቃቄ እና በቀስታ ያያዙ



# REFERENCES

---

- <https://www.google.com/imgres?imgurl=https%3A%2F%2Fmedicircle.in%2Fuploads%2F2021%2Fdecember2021%2Fimportance-of-nail-hygiene-dos-and-donts-medicircle.jpg&tbnid=VCvuAldlr0ZDJM&vet=12ahUKEwiyI9ud6siBAxWIAzQIHZIUDHcQMygKegUIARDzAQ..i&imgrefurl=https%3A%2F%2Fmedicircle.in%2Fimportance-of-nail-hygiene-dos-and-donts&docid=fY8ycqjJV7mIzM&w=1440&h=960&q=finger%20nail%20care&ved=2ahUKEwiyI9ud6siBAxWIAzQIHZIUDHcQMygKegUIARDzAQ>
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.thehansindia.com%2Ffeatured%2Fsunday-hans%2Fbeauty-funda-nail-care-tips-598225&psig=AOvVaw0HuqJteb9EOTqkcpqa7PCm&ust=1695837169769000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCMD4gvPryIEDFQAAAAAdAAAAABAP>
- <https://www.google.com/imgres?imgurl=https%3A%2F%2Fimages.pexels.com%2Fphotos%2F3738378%2Fpexels-photo-3738378.jpeg&tbnid=2p41cQ5O3B48vM&vet=12ahUKEwiypMehhcmBAxW9AjQIHbX-AvsQMygAegQIARBU..i&imgrefurl=https%3A%2F%2Fwww.pexels.com%2Fphoto%2Fphoto-of-person-s-hand-soak-in-water-3738378%2F&docid=4YwXDqvihhrKeM&w=3500&h=2333&q=hand%20in%20water%20to%20soack&ved=2ahUKEwiypMehhcmBAxW9AjQIHbX-AvsQMygAegQIARBU>
- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.fabhow.com%2Fwp-content%2Fuploads%2F2016%2F01%2Fstep-6-rinse-and-pat-dry.jpg&tbnid=kalSroz5wSHPIM&vet=12ahUKEwjHp\\_qKh8mBAxVAMzQIHQkYDeUQMygDegQIARBV..i&imgrefurl=https%3A%2F%2Fwww.fabhow.com%2Fhealth-and-beauty%2Fpersonal-care%2Fmake-homemade-scrubs-softer-hands&docid=IVbjvd3tzOLS5M&w=1000&h=667&q=pat%20dry%20hand&ved=2ahUKEwjHp\\_qKh8mBAxVAMzQIHQkYDeUQMygDegQIARBV](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.fabhow.com%2Fwp-content%2Fuploads%2F2016%2F01%2Fstep-6-rinse-and-pat-dry.jpg&tbnid=kalSroz5wSHPIM&vet=12ahUKEwjHp_qKh8mBAxVAMzQIHQkYDeUQMygDegQIARBV..i&imgrefurl=https%3A%2F%2Fwww.fabhow.com%2Fhealth-and-beauty%2Fpersonal-care%2Fmake-homemade-scrubs-softer-hands&docid=IVbjvd3tzOLS5M&w=1000&h=667&q=pat%20dry%20hand&ved=2ahUKEwjHp_qKh8mBAxVAMzQIHQkYDeUQMygDegQIARBV)

# REFERENCES

- 
- <https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.lifelinemedical.net%2Fproduct%2Fp-nitrile-glove-variety-of-sizes%2F&psig=AOvVaw0OGQ4DPvPvCMZajGv4e2wA&ust=1695706859438000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCMjDm7qGxYEDFQAAAAAdAAAAABAE>
  - <https://www.google.com/url?sa=i&url=https%3A%2F%2Fcashtrans.com%2Fproduct%2Fbox-of-100-nitrile-gloves%2F&psig=AOvVaw0OGQ4DPvPvCMZajGv4e2wA&ust=1695706859438000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCMjDm7qGxYEDFQAAAAAdAAAAABAK>
  - AxXgGDQIHSGFBcEQMygDegUIARDFAQ
  - <https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.competentcare.com%2Fwp-content%2Fuploads%2F2017%2F09%2Fdiabetic-foot-care-Orange-County.jpg&tbnid=jWGG5Jj-35tN4M&vet=12ahUKEwjy7r3pMeBAxXgGDQIHSGFBcEQMygDegUIARDFAQ..i&imgrefurl=https%3A%2F%2Fwww.competentcare.com%2Fthe-importance-of-foot-care-with-diabetes%2F&docid=a6UoxXABJO8WjM&w=4928&h=3264&q=foot%20care&ved=2ahUKEwjy7r3pMeBAxXgGDQIHSGFBcEQMygDegUIARDFAQ>
  - [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.123rf.com%2Fphoto\\_90026539\\_illustration-of-feet-being-washed-in-a-basin-a-wash-basin-is-filled-with-water.html&psig=AOvVaw1zidRdrBuTFcLkHE-jmkLJ&ust=1695786121388000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCIC8xd2tx4EDFQAAAAAdAAAAABAq](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.123rf.com%2Fphoto_90026539_illustration-of-feet-being-washed-in-a-basin-a-wash-basin-is-filled-with-water.html&psig=AOvVaw1zidRdrBuTFcLkHE-jmkLJ&ust=1695786121388000&source=images&cd=vfe&opi=89978449&ved=0CA8QjRxqFwoTCIC8xd2tx4EDFQAAAAAdAAAAABAq)
- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2Foriginals%2F9f%2F89%2F75%2F9f897576e17c00f0687829e00b08aee2.jpg&tbnid=zFLr\\_qIqDBKHIM&vet=10CAYQxiAoB2oXC hMlgLzF3a3HgQMVA AAAAAB0AAAAAEC0..i&imgrefurl=https%3A%2F%2Fwww.pinterest.it%2Fpin%2F782500503979756709%2F&docid=b7UcSVDYI\\_wB2M&w=808&h=595&itg=1&q=water%20in%20a%20basin%20foot%20in&ved=0CAYQxiAoB2oXC hMlgLzF3a3HgQMVA AAAAAB0AAAAAEC0](https://www.google.com/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2Foriginals%2F9f%2F89%2F75%2F9f897576e17c00f0687829e00b08aee2.jpg&tbnid=zFLr_qIqDBKHIM&vet=10CAYQxiAoB2oXC hMlgLzF3a3HgQMVA AAAAAB0AAAAAEC0..i&imgrefurl=https%3A%2F%2Fwww.pinterest.it%2Fpin%2F782500503979756709%2F&docid=b7UcSVDYI_wB2M&w=808&h=595&itg=1&q=water%20in%20a%20basin%20foot%20in&ved=0CAYQxiAoB2oXC hMlgLzF3a3HgQMVA AAAAAB0AAAAAEC0)
- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.gesuredentore.it%2Fimages%2Fchiesa.jpg&tbnid=\\_AfDor7xthM2RM&vet=10CA4QxiAoCGoXChMlgLzF3a3HgQMVA AAAAAB0AAAAAEB A..i&imgrefurl=https%3A%2F%2Fwww.gesuredentore.it%2Findex.php%2Fcatechesi-oratorio-cag&docid=\\_-JePyKAOk24EM&w=976&h=830&itg=1&q=water%20in%20a%20basin%20foot%20in&ved=0CA4QxiAoCGoXChMlgLzF3a3HgQMVA AAAAAB0AAAAAEB A](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.gesuredentore.it%2Fimages%2Fchiesa.jpg&tbnid=_AfDor7xthM2RM&vet=10CA4QxiAoCGoXChMlgLzF3a3HgQMVA AAAAAB0AAAAAEB A..i&imgrefurl=https%3A%2F%2Fwww.gesuredentore.it%2Findex.php%2Fcatechesi-oratorio-cag&docid=_-JePyKAOk24EM&w=976&h=830&itg=1&q=water%20in%20a%20basin%20foot%20in&ved=0CA4QxiAoCGoXChMlgLzF3a3HgQMVA AAAAAB0AAAAAEB A)



# REFERENCES

---

- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fmedia.istockphoto.com%2Fid%2F538506283%2Fphoto%2Fbar-of-soap-and-washcloth.jpg%3Fs%3D612x612%26w%3D0%26k%3D20%26c%3Dxd0f8q83jtIUqknHMC9UjbGZWPP-AjAvniHjB-EekU%3D&tbnid=xMxy\\_RyNbxTEqM&vet=12ahUKEwjo\\_6nKu8eBAxUPMjQIHYZbCTYQMygAegUIARDAAQ..i&imgrefurl=https%3A%2F%2Fwww.istockphoto.com%2Fphoto%2Fbar-of-soap-and-washcloth-gm538506283-58239482&docid=W1BTavaFME7P8M&w=612&h=408&q=washcloth%20and%20soap&ved=2ahUKEwjo\\_6nKu8eBAxUPMjQIHYZbCTYQMygAegUIARDAAQ](https://www.google.com/imgres?imgurl=https%3A%2F%2Fmedia.istockphoto.com%2Fid%2F538506283%2Fphoto%2Fbar-of-soap-and-washcloth.jpg%3Fs%3D612x612%26w%3D0%26k%3D20%26c%3Dxd0f8q83jtIUqknHMC9UjbGZWPP-AjAvniHjB-EekU%3D&tbnid=xMxy_RyNbxTEqM&vet=12ahUKEwjo_6nKu8eBAxUPMjQIHYZbCTYQMygAegUIARDAAQ..i&imgrefurl=https%3A%2F%2Fwww.istockphoto.com%2Fphoto%2Fbar-of-soap-and-washcloth-gm538506283-58239482&docid=W1BTavaFME7P8M&w=612&h=408&q=washcloth%20and%20soap&ved=2ahUKEwjo_6nKu8eBAxUPMjQIHYZbCTYQMygAegUIARDAAQ)
- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.sunnywarephilippines.com%2Fassets%2Fdata%2Fimages%2Fproduct%2Fproduct\\_1091.png%3Fd%3D2021-11-02%252017%3A15%3A36&tbnid=fyXrMSZSQs7xiM&vet=12ahUKEwj84umHu8eBAxV6GTQIHbdyA0cQMygeegUIARDCAg..i&imgrefurl=https%3A%2F%2Fwww.sunnywarephilippines.com%2Fproducts%2Fsubcategory%2F44&docid=G6lz9u--H67ZRM&w=636&h=540&q=basin&ved=2ahUKEwj84umHu8eBAxV6GTQIHbdyA0cQMygeegUIARDCAg](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.sunnywarephilippines.com%2Fassets%2Fdata%2Fimages%2Fproduct%2Fproduct_1091.png%3Fd%3D2021-11-02%252017%3A15%3A36&tbnid=fyXrMSZSQs7xiM&vet=12ahUKEwj84umHu8eBAxV6GTQIHbdyA0cQMygeegUIARDCAg..i&imgrefurl=https%3A%2F%2Fwww.sunnywarephilippines.com%2Fproducts%2Fsubcategory%2F44&docid=G6lz9u--H67ZRM&w=636&h=540&q=basin&ved=2ahUKEwj84umHu8eBAxV6GTQIHbdyA0cQMygeegUIARDCAg)
- <https://www.google.com/imgres?imgurl=https%3A%2F%2Fthumbs.dreamstime.com%2Fz%2Fstep-step-pedicure-home-lift-cuticle-nail-using-orange-stick-manicure-spatula-concept-caring-178209734.jpg&tbnid=KRcei-WjHGnPVM&vet=12ahUKEwiCzLW82seBAxUrJTQIHVbzAaoQMygFegUIARCWAQ..i&imgrefurl=https%3A%2F%2Fwww.dreamstime.com%2Fstep-step-pedicure-home-lift-cuticle-nail-using-orange-stick-manicure-spatula-concept-caring-image178209734&docid=6EIODkAgzLhrIM&w=1600&h=1157&q=cleaning%20foot%20%20orange%20stick&ved=2ahUKEwiCzLW82seBAxUrJTQIHVbzAaoQMygFegUIARCWAQ>
- [https://www.google.com/imgres?imgurl=https%3A%2F%2Fdomf5oio6qrcr.cloudfront.net%2Fmedialibrary%2F2256%2F10208a1620723381334.jpg&tbnid=AQxX\\_2Lh\\_QvIGM&vet=12ahUKEwjgpaHf3ceBAxXbATQIHf6eAZIQMyghegUIARCbaQ..i&imgrefurl=https%3A%2F%2Fwww.health.harvard.edu%2Fstaying-healthy%2Fmoisturizers-do-they-work&docid=QOuiwOWVWmlcIM&w=1600&h=1060&q=put%20lotion%20on%20%20gloved%20hand%20befor%20you%20apply%20it&ved=2ahUKEwjgpaHf3ceBAxXbATQIHf6eAZIQMyghegUIARCbaQ](https://www.google.com/imgres?imgurl=https%3A%2F%2Fdomf5oio6qrcr.cloudfront.net%2Fmedialibrary%2F2256%2F10208a1620723381334.jpg&tbnid=AQxX_2Lh_QvIGM&vet=12ahUKEwjgpaHf3ceBAxXbATQIHf6eAZIQMyghegUIARCbaQ..i&imgrefurl=https%3A%2F%2Fwww.health.harvard.edu%2Fstaying-healthy%2Fmoisturizers-do-they-work&docid=QOuiwOWVWmlcIM&w=1600&h=1060&q=put%20lotion%20on%20%20gloved%20hand%20befor%20you%20apply%20it&ved=2ahUKEwjgpaHf3ceBAxXbATQIHf6eAZIQMyghegUIARCbaQ)