

Chapter 14

NAIL CARE

PROCEDURE FOR GIVING TOENAIL CARE:

1. Gather necessary equipment.

NOTE: THIS SHOULD INCLUDE A SUPPLEMENTARY LIGHT, IF NECESSARY, TO PROVIDE A WELL-LIT WORKING AREA.

2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. If possible, assist client out of bed into a chair.
5. Place bath mat or towel on the floor.
6. Fill basin with warm, soapy water.
7. Place basin of water on bath mat or towel.
8. Assist client to place his feet in basin of warm, soapy water.
9. Soak feet 5-10 minutes to soften nails.
10. Wash feet with soap and water.

NOTE: IF THE CLIENT HAS JUST BEEN BATHED, STEPS 6-10 MAY BE OMITTED.

11. Rinse and dry feet, especially between the toes.
12. Gently clean toenails with an orange stick.
13. If toenails are long and need to be cut, report to nurse/supervisor or if the in-home provider policy allows, cut nails straight across top of the toe, making certain the nail does not extend beyond the toe.
14. File rough edges to prevent snagging.
15. Apply lotion to feet. Avoid area between the toes.
16. Remove, clean, and store equipment.
17. Remove your gloves and wash your hands.
18. Report reddened, irritated, callused areas, or breaks in the skin to nurse/supervisor.