

NAILS, CARE OF FINGERNAILS

PURPOSE:

1. For cleanliness.
2. Prevent infection, injury and odors.
3. To improve appearance, promote self esteem and contribute to a sense of well-being.

NOTE: Fingernails of diabetic residents are checked by the licensed nurse weekly and trimmed, filed and cleaned as needed.

EQUIPMENT:

1. Basin of warm soapy water.
2. Orange stick.
3. Emery board.
4. Nail clippers.
5. Hand cream or lotion.
6. Towel.

PROCEDURE:

1. Explain procedure to the resident.
2. Soak finger tips for several minutes, if necessary.
3. Take hands out of water and dry with towel.
4. Put on gloves.
5. With the orange stick, clean area around the nail bed and under the nails. May push cuticles back gently with orange stick.
6. Cut nails with nail clippers.
7. Shape and smooth the fingernails with an emery board. The nails should be kept short but not be filed too far down on the sides.
8. Rub lotion or cream on the hands to keep moist.
9. Remove gloves and wash hands.
10. Return equipment to proper place.

NOTE: Fingernail care will be done for the non-diabetic residents by the STNA during or after the resident's shower/bath and as needed. The STNA will examine the nails of the diabetic residents during their shower and inform the nurse of any issues with the resident's fingernails.

Fingernail care may also be done by STNA during an activity that involves grooming such as spa day, manicure day, etc.