Nail Care



NURSE DELEGATION: INSTRUCTIONS FOR GENERAL NURSING TASK

General delegated tasks are those tasks that the Nurse identifies as general in nature and once learned can be performed for all residents. The Caregiver to whom the task is delegated must demonstrate ability to perform the task as instructed by the Nurse. By signing this delegation form, the Caregiver being delegated agrees to perform the task as taught. The nurse will review Caregiver performance annually or as needed to assure continued competency in performance of the task.

General Task: Nail Care (non diabetic residents)

Supplies Needed

- 1. Manicure set (nail clippers, orange stick, emery board or file
- 2. Plastic Sheeting or bath mat
- 3. Lotion
- 4. Warm water, basin, washcloth, and towels
- 5. Disposable non-sterile gloves and plastic trash bag
- 6. Hand-washing solution

Procedures/Steps to Follow to Perform the Task

- 1. Explain the procedure to the resident.
- 2. Assemble the equipment at the bedside or at a convenient work area.
- 3. Set the basin on the plastic sheeting.
- 4. Put on disposable gloves.
- 5. Place the resident's hands and/or feet in a basin(s) half-filled with warm water.
- 6. Soak the resident's fingernails and/or toenails for 10 minutes.
- 7. Remove the hand or foot from basin and place it on a towel (soak the opposite hand/foot while manicuring). Dry the hand or foot.
- 8. Gently clean under the nails with an orange stick.
- 9. Trim the nails straight across the tops of the fingers to form a smooth edge. File the corners of the fingernails. Do not file the corners of toenails.
- 10. Gently push the cuticle back with an orange stick.
- 11. Apply lotion to nail area.
- 12. Provide resident comfort measures.
- 13. Clean and replace equipment. Bag up towels in a laundry bag. Discard disposable items in plastic trash bag.
- 14. Remove gloves and discard in plastic trash bag.
- 15. Wash hands with hand-washing solution.

Outcomes

- 1. Resident will have clean nails and personal hygiene will be promoted.
- 2. Infection from dirty nails will be prevented.

Potential Risks/Side Effects and Appropriate Actions to Deal with them (include what to observe for and report, what to do, and whom to contact

- 1. Avoid cutting nails too short and injuring the skin around nail.
- 2. Residents with diabetes should receive nail care from a nurse or podiatrist. DO NOT DO NAIL CARE FOR THESE RESIDENTS.

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Signature of CAREGIVER	Signature of Delegating Nurse	Delegation Competency Review Date
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