

Chapter 14

NAIL CARE

PROCEDURE FOR GIVING FINGERNAIL CARE:

1. Gather necessary equipment.

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

2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. If client is in bed, raise the backrest. Place a towel under the hand.
5. If the client is in a chair, place a table in front and place a towel on the table.
6. Place a basin of warm, soapy water on the towel.
7. Soak the fingers in the warm, soapy water for 5-10 minutes. Soak one hand at a time or soak both at the same time.
8. Rinse hands with clear, warm water and dry with the towel. Remove basin when finished soaking.

NOTE: IF THE CLIENT HAS JUST BEEN BATHED, STEPS 5-8 MAY BE OMITTED.

9. Place towel under client's dried hands.
10. Gently remove dirt from around and under each fingernail with an orange stick. Use paper towel to clean orange stick.
11. Trim nails if needed.
12. Shape and smooth nails with an emery board.
13. Rub lotion on hands.
14. Repeat steps 9-13 for the other hand.
15. Have client exercise hands by alternately stretching them and making a fist.
16. Remove, clean, and store equipment.
17. Wash your hands.
18. Record observations and report anything unusual to nurse/supervisor.