

## Nurses International

### Clinical Skills

#### Name of the Procedure/Rubric/Rationale: Nail Care

| Step | Procedure                                                                                                                                                                                                                                                                                                                                                                                                       | Yes | No | Remarks |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|---------|
| 1.   | Greet and identify the client with two identifiers (name and date of birth). Explain the procedure.<br><br>Obtain the client's permission                                                                                                                                                                                                                                                                       |     |    |         |
| 2.   | Perform hand hygiene.                                                                                                                                                                                                                                                                                                                                                                                           |     |    |         |
| 3.   | Collect the equipment required.<br><input type="checkbox"/> Towel<br><input type="checkbox"/> Nail cutter<br><input type="checkbox"/> Moisturizer<br><input type="checkbox"/> Warm water<br><input type="checkbox"/> Orange stick/ toothbrush (as per availability)<br><input type="checkbox"/> Tissues<br><input type="checkbox"/> Nail filer<br><b>Note: The client should have their own nail care sets.</b> |     |    |         |
| 4.   | Provide privacy. Ensure lighting.                                                                                                                                                                                                                                                                                                                                                                               |     |    |         |
| 5.   | Sanitize the hands and wear gloves, wear a face shield to prevent getting debris into the eyes.                                                                                                                                                                                                                                                                                                                 |     |    |         |
| 6.   | <b>Lower the side rails and Place the client in a comfortable position:</b><br><input type="checkbox"/> Maintain the height of the bed to a comfortable working height (waist level).<br>Pull the over-bed table so that the client can place the hands comfortably on the table.                                                                                                                               |     |    |         |
| 7.   | Nail care is best after a bath or after soaking the nails in warm soapy water for 10 minutes. Once the nails are done soaking, place the hands on a towel over the over-bed table.                                                                                                                                                                                                                              |     |    |         |
| 8.   | Use an orange stick/toothbrush (as per availability) to remove dirt that is underneath the nails. And clean the orange stick with a paper towel before moving to the next                                                                                                                                                                                                                                       |     |    |         |

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|     |                                                                                                                                                                                                                                                                                                                                                                         |  |  |  |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
|     | nail.                                                                                                                                                                                                                                                                                                                                                                   |  |  |  |
| 9.  | Once the nails are clean, use nail clippers and trim the nails where needed                                                                                                                                                                                                                                                                                             |  |  |  |
| 10. | With a dominant hand, hold the nail clipper. With a non-dominant hand, hold the finger and with the thumb add slight tension to the pulp of the finger pulling the pulp down away from the nail plate. Depending on the shape of the nail, start at the lateral edge and make small nail cuts across the nail plate following the curved line of the end of the finger. |  |  |  |
| 11. | Trim the nail straight and close to the nail bed but leave some room, so you do not cut the skin.                                                                                                                                                                                                                                                                       |  |  |  |
| 12. | After finishing all the fingernails, smooth nails with a file if the cut edges are rough.                                                                                                                                                                                                                                                                               |  |  |  |
| 13. | Assist the client in hand hygiene and rub lotion on the client's hands.                                                                                                                                                                                                                                                                                                 |  |  |  |
| 14. | After clipping/filing, dispose of the nail trimmings in the paper towel and dispose of it in a designated waste bin. Put the equipment in the client's own box for storing razors, scissors and sharps.                                                                                                                                                                 |  |  |  |
| 15. | Ask the client for any discomforts, ensure the call bell is within the client's reach, lower and lock the bed, and assess to determine the need for side rails before you leave<br><br>Perform hand hygiene                                                                                                                                                             |  |  |  |
| 16. | Document the procedure.                                                                                                                                                                                                                                                                                                                                                 |  |  |  |

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##### Trimming the nails on feet:

| Step | Procedure                                                                                                                                                                                                                                                                                                                                                                                                       | Yes | No | Remarks |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|---------|
| 17.  | Greet and identify the client using two identifiers (name and date of birth). Explain the procedure.<br>Obtain the client's consent.                                                                                                                                                                                                                                                                            |     |    |         |
| 18.  | Perform hand hygiene.                                                                                                                                                                                                                                                                                                                                                                                           |     |    |         |
| 19.  | Collect the equipment required.<br><input type="checkbox"/> Towel<br><input type="checkbox"/> Nail cutter<br><input type="checkbox"/> Moisturizer<br><input type="checkbox"/> Warm water<br><input type="checkbox"/> Orange stick/ toothbrush (as per availability)<br><input type="checkbox"/> Tissues<br><input type="checkbox"/> Nail filer<br><b>Note: The client should have their own nail care sets.</b> |     |    |         |
| 20.  | Provide privacy. Ensure lighting.                                                                                                                                                                                                                                                                                                                                                                               |     |    |         |
| 21.  | Sanitize the hands and wear gloves                                                                                                                                                                                                                                                                                                                                                                              |     |    |         |
| 22.  | Maintain the height of the bed to a comfortable working height (waist level).<br>Ensure the client is positioned comfortably and nails are easily accessible.                                                                                                                                                                                                                                                   |     |    |         |
| 23.  | Give assistance as necessary to wash feet prior to cutting/filing nails. (Nail care is best after a bath or after soaking the nails in warm soapy water for 10 minutes. Once the nails are done soaking, place the feet on a towel)                                                                                                                                                                             |     |    |         |
| 24.  | Use an orange stick/toothbrush to remove dirt that is underneath the nails. And clean the orange stick with a paper towel before moving to the next nail.                                                                                                                                                                                                                                                       |     |    |         |
| 25.  | Once the nails are clean, proceed to use nail clippers and trim the nails if necessary.                                                                                                                                                                                                                                                                                                                         |     |    |         |

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|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
| 26. | With a dominant hand, hold the nail clipper. With a non-dominant hand, hold the finger and with the thumb add tension to the pulp of the toenail pulling the pulp down away from the nail plate. Depending on the shape of the nail, start at the lateral edge and make small nail cuts across the nail plate following the curved line of the end of the toes. Repeat the same procedure to other toes on both feet. |  |  |  |
| 27. | Trim the nail straight and close to the nail bed but leave some room, so you do not cut the skin.                                                                                                                                                                                                                                                                                                                     |  |  |  |
| 28. | Smooth nails with a file if the cut edges are rough. Moisturize the client's feet and help the client to replace any socks or slippers (per client preference)                                                                                                                                                                                                                                                        |  |  |  |
| 29. | After clipping/filing, dispose of the nail trimmings in the paper towel and dispose of it in a designated waste bin (as per the agency's policy).<br>Return the equipment in the client's own box for storing razors, scissors and sharps.                                                                                                                                                                            |  |  |  |
| 30. | Help the client perform hand hygiene                                                                                                                                                                                                                                                                                                                                                                                  |  |  |  |
| 31. | Ensure client comfort, ensure the call bell is within the reach, ensure the bed is low and locked and side rails are up.<br>Perform hand hygiene<br><br>Thank the client and leave.                                                                                                                                                                                                                                   |  |  |  |
| 32. | Document the procedure.                                                                                                                                                                                                                                                                                                                                                                                               |  |  |  |

#### Note:

- ☐ In the US, many hospitals do not allow nail cutting per policy. At times doctors would perform nail trimming.

#### References:

Goldenhart, .AL., & Nagy, H. (2020, October 2). *Assisting Patients With Personal Hygiene*. In: StatPearls [Internet]. StatPearls Publishing.

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<https://www.ncbi.nlm.nih.gov/books/NBK563155/>

Harms, A. (2020). *National Health Service: Foot and Toe Nail Care Guidelines*. Retrieved on December 22, 2020 from [www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)