

Checklist: Foot and Toenail Care

Foot and Toenail Care	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the person according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Provide privacy and explain the procedure before beginning.	<input type="checkbox"/>	<input type="checkbox"/>
3. Assemble equipment: –Basin –Soap –Bath mat, if available –Bath thermometer, if used –Lotion –Soft nail brush if permitted by facility policy –Disposable bed protector –Paper towels/towel –Bath towel and washcloth –Facility-approved tools	<input type="checkbox"/>	<input type="checkbox"/>
4. If permitted, assist the person out of bed and into chair	<input type="checkbox"/>	<input type="checkbox"/>
5. Place bath mat, towel, bed protector, or paper towels on floor in front of the person. Fill basin with warm water (105°F). Put basin on barrier.	<input type="checkbox"/>	<input type="checkbox"/>
6. Remove slippers and allow the person to place feet in water. Report redness, swelling, sores, drainage, discoloration, pain, fungal changes, or skin breakdown according to facility policy. Cover with bath towel to help retain heat.	<input type="checkbox"/>	<input type="checkbox"/>
7. Soak feet approximately 10 minutes. Add warm water as necessary. Lift feet from water while warm water is being added.	<input type="checkbox"/>	<input type="checkbox"/>
8. At end of soak period, wash feet with soap	<input type="checkbox"/>	<input type="checkbox"/>
9. Rinse and pat dry. Note any abnormalities such as corns or calluses	<input type="checkbox"/>	<input type="checkbox"/>
10. Remove basin, covering feet with towel	<input type="checkbox"/>	<input type="checkbox"/>
11. Use facility-approved tools to gently clean around toenails without injuring skin. If nails are long and need to be cut, inform the nurse. Follow facility policy. Use extra caution with persons who have diabetes, poor circulation, or decreased sensation.	<input type="checkbox"/>	<input type="checkbox"/>
12. Pour lotion into palms of hands. Hold hands together to warm lotion and apply gently to feet. Do not apply lotion between toes. Wipe off excess lotion using a towel	<input type="checkbox"/>	<input type="checkbox"/>
13. Assist the person with socks or stockings and shoes if ambulatory. Otherwise, return the person to bed	<input type="checkbox"/>	<input type="checkbox"/>
14. Make the person comfortable	<input type="checkbox"/>	<input type="checkbox"/>
15. Gather equipment, clean, and store according to facility policy. Leave unit neat	<input type="checkbox"/>	<input type="checkbox"/>
16. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>