

Checklist: Hand and Fingernail Care

Hand and Fingernail Care	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Provide privacy and explain the procedure before beginning care.	<input type="checkbox"/>	<input type="checkbox"/>
3. Assemble equipment: <ul style="list-style-type: none"> – Basin – Bath thermometer – Liquid soap – Bath towel and washcloth – Lotion – Plastic protector – Nail clippers, if permitted – Emery board – Orangewood stick – Nail polish (optional) 	<input type="checkbox"/>	<input type="checkbox"/>
4. Elevate the head of the bed, if permitted, and adjust the overbed table in front of the patient. Alternatively, if the patient is allowed out of bed, assist the patient to transfer to a chair and position the overbed table waist-high across the patient’s lap. Observe hands and nails for redness, swelling, discoloration, fungal changes, open areas, or signs of infection and report concerns according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
5. Place a plastic protector on the overbed table.	<input type="checkbox"/>	<input type="checkbox"/>
6. Fill a basin with warm water that does not exceed 105°F, using the bath thermometer to test temperature. Add soap. Place the basin on the overbed table.	<input type="checkbox"/>	<input type="checkbox"/>
7. Instruct the patient to put hands in the basin and soak for approximately five minutes. Place a towel over the basin to help retain heat. Add warm water if necessary. Remove the patient’s hands before adding water.	<input type="checkbox"/>	<input type="checkbox"/>
8. Wash the patient’s hands. Push cuticles back gently with a washcloth or an orangewood stick (Figure 24-13). (A cream may be used to soften the cuticles first.) Use gentle cleaning techniques and facility-approved tools to clean under nails. (Check with the nurse before using a facility-approved nail tool on a patient with diabetes.) Rinse hands.	<input type="checkbox"/>	<input type="checkbox"/>
9. Dry the patient’s hands with a towel. Remember to dry between the fingers	<input type="checkbox"/>	<input type="checkbox"/>
10. Trim fingernails carefully according to facility policy, avoiding cutting too short, if permitted by facility policy and patient condition. <ul style="list-style-type: none"> – Do not cut below the tips of the fingers. – Keep nail clippings on the protector to be discarded. 	<input type="checkbox"/>	<input type="checkbox"/>
11. Shape and smooth the fingernails with an emery board. Apply nail polish only if permitted by facility policy and desired by the patient. .	<input type="checkbox"/>	<input type="checkbox"/>
12. Pour a small amount of lotion in your palms and gently smooth it on the patient’s hands.	<input type="checkbox"/>	<input type="checkbox"/>
13. Empty the basin of water. Clean and store equipment	<input type="checkbox"/>	<input type="checkbox"/>
14. Return the overbed table to the foot of the bed. If the patient has been sitting up for the procedure, assist to return to bed.	<input type="checkbox"/>	<input type="checkbox"/>
15. Perform hand hygiene after completing care.	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
17.	<input type="checkbox"/>	<input type="checkbox"/>

18.	<input type="checkbox"/>	<input type="checkbox"/>
19.	<input type="checkbox"/>	<input type="checkbox"/>
20.	<input type="checkbox"/>	<input type="checkbox"/>