

Skills Checklist: Hand & Fingernail Care

Nursing Assistant's Name:

Reviewer Name:

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Carry out Initial Steps			
Feedback			
Assemble equipment: –Basin –Bath thermometer –Liquid soap –Bath towel and washcloth –Lotion –Plastic protector –Nail clippers, if permitted –Emery board –Orangewood stick –Nail polish (optional)			
Feedback			
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			
Feedback			
Place a plastic protector on the overbed table			
Feedback			
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			
Feedback			

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			
Feedback			
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 a soft brush or orangewood stick to clean under nails. (Check with the nurse before using an orangewood stick on a patient with diabetes.) Rinse hands			
Feedback			
Dry the patient's hands with a towel. Remember to dry between the fingers			
Feedback			
Use nail clippers to cut fingernails straight across, if permitted –Do not cut below the tips of the fingers –Keep nail clippings on the protector to be discarded			
Feedback			
Shape and smooth the fingernails with an emery board. Apply polish to nails if the patient desires			
Feedback			
Pour a small amount of lotion in your palms and gently smooth it on the patient's hands			
Feedback			

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Empty the basin of water. Clean and store equipment			
Feedback			
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			
Feedback			
Carry out last procedure			
Feedback			

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