

Fingernail Care Competency for Residents

Steps	Passing	Additional Training Needed
1. Gather supplies.		
2. Perform hand hygiene.		
3. Explain procedure to your resident while you examine the nails and hands for any color abnormalities, cuts, splits in skin, swelling, or extreme cold or heat of the hands. Report any abnormal findings to the nurse before continuing.		
4. Raise the head of the bed so your resident is sitting up.		
5. Fill a basin to the halfway point with warm water. Ensure resident is comfortable with water temperature.		
6. Soak the resident's hands to soften nails, and then pat dry.		
7. Perform hand hygiene and put gloves on for nail care.		
8. Clean under the resident's nails with an orange stick.		
9. Clip your resident's fingernails straight across; do not clip too close to the skin. File nails in a curve, and ensure the nails are smooth with no rough edges.		
10. Remove gloves and perform hand hygiene.		

*Adapted from the [https://www.in.gov/health/files/Indiana Nurse Aide Curriculum.pdf](https://www.in.gov/health/files/Indiana_Nurse_Aide_Curriculum.pdf)

Signature of Staff Member Completing Competency

Date

Signature of Instructor

Date