

HAND, FOOT, AND NAIL CARE

HNA2808

**PROGRAM GUIDE FOR
HEALTH CARE ASSISTANTS**

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This program describes changes due to aging and common problems of the hands and feet. Techniques for nail care, pertinent observations and hand and foot massage are demonstrated. *Video running time: 20 minutes (2 contact hours).*

OBJECTIVES

1. Describe the changes aging has on one's hands and feet.
2. Identify common hand and foot problems in the older adult.
3. Discuss the role of the health care assistant in caring for the hands and feet of older adults.
4. Demonstrate techniques to keep hands and feet functioning well.

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The Nursing Process

The nursing process is a systematic method of problem solving. It is based on the scientific method. The nursing process is called "process" because it is ongoing. These are the steps of the nursing process:

Assessment: This is the systematic, ongoing collection of information from multiple sources. Assessment is done when a nurse interviews a client and the client's significant others. A physical assessment of the client is also completed observing the following: laboratory data, daily client actions, assessing the client's ability to carry out daily activities, symptoms and the client's response to treatment. In long term care, resident assessment instruments are used to provide a comprehensive multi-disciplinary assessment.

Problem Identification or Nursing Diagnosis: Assessment data leads to identifying client strengths and client problems. These may be actual problems the client currently experiences, or potential problems that may occur with that client in the future. Problems are stated and related to a cause or influencing factor.

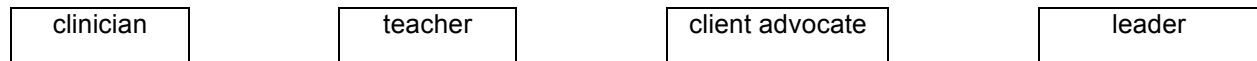
Planning: The systematic steps that the nurse will enact, with others, to assist the client to meet the goals (or outcomes) that are set. For each problem, a measurable, specific goal is identified. The plan includes nursing actions, based on aspects of nursing theory, nursing science, other sciences, and research findings. The beliefs and values of the nursing profession as well as the values of the client are taken into account.

Implementation: Carrying out the plan.

Evaluation: This is the systematic process of examining each client goal-related outcome to determine if it were met and to revise the plan accordingly. Evaluation may also identify the resources that are needed for the client or the health care provider in their continuing plan of care.

Professional Nursing Roles

As the nurse carries out the nursing process, the nurse enacts a variety of professional roles. These are:



These roles may overlap. In the clinician role, the nurse may provide direct "hands on" care, or may assess a client's needs and direct others to provide services to meet those needs. The nurse may conduct patient and family teaching in a teaching role. The nurse may also teach other health professionals when a multidisciplinary team addresses the client's needs. The nurse is a client advocate when collaborating with the client, finding resources for the client, and acting on behalf of the client. The nurse is a leader when planning and assigning the care of a client to others, maintaining overall responsibility and accountability for that care, assisting other members of the health care team to set and meet goals or when providing resources to other health care providers.

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PRE TEST

Circle **T** if the following statements are true. Circle **F** if the statements are false.

- T F 1. The appearance of "liver spots" on the hands is not a normal part of aging.
- T F 2. A light touch, when massaging the foot, is more tickling than a firm touch.
- T F 3. Knobby enlargements of the joints of the fingers are a normal part of aging.
- T F 4. You should use scissors at least once a week to trim a diabetic client's toenails.
- T F 5. A blue coloring of the fingernails may be a sign that the client's blood is not receiving enough oxygen.
- T F 6. Massaging a client's hand increases circulation to that area.
- T F 7. A callus is a painful circular area on the top of the foot or hand.
- T F 8. You should not encourage clients with swollen feet to exercise.
- T F 9. Diabetes effects circulation to the feet.
- T F 10. Fingernails will not need to be trimmed as often as one ages.
- T F 11. Numbness and tingling in the hands and feet may be the result of a vitamin deficiency.
- T F 12. The use of a rocking chair increases circulation to the feet and legs.

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DISCUSSION QUESTIONS / ANSWERS

1. What changes normally occur in the hands and feet with aging?

The skin becomes dryer and less elastic. There is loss of subcutaneous fat tissue.

Fingernails and toenails do not grow as fast and they become thicker and tougher.

There is a decrease in peripheral circulation that effects the sense of touch and sensitivity of the hands to heat and cold.

Darker pigmentation on the hands or "Liver spots", as they are referred to, are common in light-skinned persons. Knobby enlargements of the end finger joints are a common sign of osteoarthritis.

2. What would prevent you from massaging a client's/resident's feet or hands?

No previous experience in giving massages or your perceived lack of time available to do so may be two factors in your not giving clients'/residents' hands and feet massages. However, this can easily become a part of their regular hygiene routine, if planned.

3. What special precautions should diabetic clients/residents take with their feet?

Persons with diabetes should wear comfortable shoes and socks that are not tight fitting at all times. Feet should be bathed daily in lukewarm water and patted dry. Clean socks should be worn daily. Never use heating pads or hot water bottles on their feet and legs. Watch for any scratches, cuts, or red spots. If they should occur, report these to your nursing supervisor right away. Encourage clients/residents to raise their legs when sitting and not to cross them to promote circulation.

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POST TEST

Choose the response that most accurately answers the following questions:

1. Normal changes that occur in skin as one ages includes:
 - a. the appearance of liver spots in light skinned people
 - b. the skin becomes more elastic
 - c. the skin becomes moist
 - d. the hands and feet becomes more sensitive to heat and cold

2. Normal changes in the hands and feet that occur with aging include:
 - a. pain in the joints of the hands and fingers
 - b. blue coloring of the fingernails and toenails
 - c. numbness of the fingers and toes
 - d. fingernails and toenails grow more slowly, and become thicker

3. The purpose of massaging the hand is:
 - a. to give the resident extra attention
 - b. to increase circulation to the area
 - c. to protect the skin integrity
 - d. to remove debris from the skin

4. A blue color of the fingernail may be a sign that:
 - a. the client is too warm
 - b. the client has diabetes
 - c. the client's blood is not receiving enough oxygen
 - d. the room is not well ventilated

5. Which of these is the most effective intervention for swelling of the feet?
 - a. soak the feet in warm water
 - b. elevate the feet on a low stool
 - c. do not exercise the feet
 - d. keep the feet lower than the hips and legs

6. Painful, circular areas on the tops of the toes are:
 - a. calluses
 - b. corns
 - c. bunions
 - d. Gout

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POST TEST (Continued)

7. How often should you wash and inspect the feet of your clients?
- weekly
 - when bathing
 - daily
 - in the evening
8. Which of these conditions may lead to poor circulation in the feet?
- diabetes
 - good nutrition
 - a regular exercise program
 - good oxygen supply in the blood
9. When you inspect the feet of your older clients, you would notify your supervisor if you saw:
- calluses on the bottom of both of your client's feet
 - toenails that are thick and tough on both feet
 - dry skin between the client's toes on both feet
 - one foot is bluish in color, one is pink
10. Mr. Peterson is a man with diabetes. After his bath, you need to:
- carefully examine his toenails, the skin between his toes, and his feet for any signs of cuts, scrapes or open areas
 - leave some water on the skin between his toes
 - cut his toenails since they are softened from his bath
 - all of the above

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ANSWER SHEET

PRE TEST

1. F
2. F
3. T
4. F
5. T
6. T
7. F
8. F
9. T
10. T
11. T
12. T

POST TEST

1. a
2. d
3. b
4. c
5. b
6. b
7. c
8. a
9. d
10. a

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RESOURCE ADVISORS

NANCY SILVERS, MS, RN ... is a Clinical Nurse Specialist in Gerontology. She has served as a Patient Education Manager and was for many years a Clinical Instructor of Nursing. Ms. Silver has served as Chairperson of the Nursing Quality Assurance Education and Infection Control Committees, achieved sponsorship with NHNA, Commission of Continuing Education and Certification of Assistant-to-Nurse/Homemaker Program. She has also conducted community education programs, served as consultant for National Medical Enterprises and the Department of Public Health, as well as a consultant to National Educational Video, Inc.™.

DEBORAH UNSWORTH, M.S. ARNP Received her bachelor of Science Degree from the University of South Florida and her Master of Science Degree from State University of New York. She has worked as a nurse since 1973 in the areas of med-surg, obstetrics and ER. She has been a nurse practitioner and women's health educator since 1990 and is currently the Director of Education at National Educational Video, Inc.™.

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While NEVCO® strives to remain current with federal and state regulatory requirements, the information contained in this program is always subject to governmental amendment. Therefore, we suggest that you contact your state and federal authorities for any possible revisions to regulatory requirements.

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Participant Evaluation of Objectives

Please evaluate this program by circling the number that best represents how well this program met the following objectives:

	<u>4=Excellent</u>	<u>3=Good</u>	<u>2=Average</u>	<u>1=Poor</u>
1. Describe the changes aging has on ones' hands and feet.	4	3	2	1
2. Identify common hand and foot problems in the older adult.	4	3	2	1
3. Discuss the role of the health care assistant in caring for the hands and feet of older adults.	4	3	2	1
4. Demonstrate techniques to keep hands and feet functioning well.	4	3	2	1

Do you feel your personal objectives were met? _____

Time required to complete this program? _____ *minutes*

COMMENTS: _____

Return this form to the facilitator who distributed the learning materials.
Thank you.