



# NURSE AIDE CURRICULUM SKILL PERFORMANCE CHECKLIST


Name: \_\_\_\_\_

## Foot Care - 5.01E

*This skill may be required during NNAAP® testing*

 This performance checklist must be used by the teacher and student during skill acquisition, guided practice, and independent practice.

 During skill check-off, the student must perform the skill unassisted with 100% competence.

 While the course is being taught, a skill performance summary document/chart *may* be used to verify skills that have been completed. However, verification that the student has demonstrated competency on this skill **MUST** be recorded on the NATS Part II by the conclusion of the course.

Equipment: Nail clippers, emery board, orange stick, basin of warm water, lotion, goggles, towels, gloves

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|  | 1. Knock before entering. Address resident by name. Identify resident.  |
|  | 2. State your name and title. Explain procedure maintaining face to face contact whenever possible.   |
|  | 3. Wash hands.  |
|  | 4. Provide privacy.   |
|  | 5. Raise the bed to a comfortable working height, and raise the side rail on the opposite side of the bed.  |
|  | 6. Fill wash basin 1/3 full with water <b>not warmer than 105 to 110°F</b> . Before immersing foot/feet, checks water temperature for safety and temperature ask resident to verify comfort of water. Check water temperature before putting on gloves.   |
|  | 7. If the resident remains in bed for foot care, raise HOB 45 if tolerated. <u>Flex the knee thus bringing the resident's foot toward the body.</u> Place basin on a protective barrier and assist in putting bare foot in the basin. Turn the wash basin at a diagonal angle to accommodate larger feet. |
|  | 8. Some residents may be able to sit at bedside or in a chair for foot care. Assist resident to comfortable position with bare feet in basin that is on a protective barrier.   |
|  | 9. Put on clean gloves before cleaning feet and toe nails.  |
|  | 10. Wet wash cloth, wring out excess water, and apply soap to washcloth.  |
|  | 11. Lift foot from water and wash foot/feet including between the toes. Soak 5-10 minutes if permissible.   |
|  | 12. Gently remove dirt from under and around each toenail using an orange stick.  |
|  | 13. Wipe the orange stick on towel after cleaning under each toenail.   |
|  | 14. Rinse foot/feet, including between the toes.  |
|  | 15. Dry foot/feet, including between the toes.  |
|  | 16. Place a towel under the resident's dry feet.  |

**FOOT CARE - 5.01E**

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|  | 17. <b>IF ALLOWED BY THE FACILITY AND INSTRUCTED BY NURSE</b> , trim the toenails straight across. Wear goggles when trimming nails. |
|  | 18. Shape and smooth the toenails with an emery board as needed. Feel each nail to determine need.                                   |
|  | 19. Apply lotion to top and bottom of foot/feet. (NOT between toes.) Remove excess with towel if there is any.                       |
|  | 20. Dispose of orangewood stick and emery board per facility policy.   |
|  | 21. Empty, rinse, and dry basin then place basin in bedside table or other designated area.  |
|  | 22. Dispose of used linen into soiled linen container.   |
|  | 23. Remove gloves and wash hands AFTER removing, cleaning, and storing equipment/supplies.   |
|  | 24. Provide patient comfort and safety with bed low and locked and call signal in reach.   |
|  | 25. Record actions and report any abnormal observations to supervisor.   |

Instructor's Initials: \_\_\_\_\_ Date: \_\_\_\_\_

Tip: During NNAAP® testing, trimming of nails is NOT required. For testing purposes, only one foot will receive care during the NNAAP® evaluation. For testing purposes, the resident may be in the bed, sit at bedside, and also may be sitting in a chair.