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

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 not warmer than 105 to 110°F. 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. Flex the knee thus bringing the resident’s foot toward the body. 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

17. **IF ALLOWED BY THE FACILITY AND INSTRUCTED BY NURSE**, 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.