

Nailed It: Infection Prevention While Assisting Residents with Grooming

Project Firstline
Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



Implicit Bias

- Describes how our unconscious attitudes or judgements can influence our thoughts, decisions, or actions
- Includes involuntary, unintentional perceptions made without awareness
- Occurs as our brains sort information and perceive data to understand our world
- Affects our decisions, contributing to societal disparities
 - Self awareness about implicit bias can promote healthcare diversity and equality
- Learn more about your own implicit bias at [Project Implicit](https://implicit.harvard.edu/implicit/) (implicit.harvard.edu/implicit/)



INFECTION PREVENTION STARTS WITH YOU!



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Objectives

- Review the need for infection prevention during nail care and shaving
 - Describe infection prevention practices for nail care and shaving
 - Discuss injuries that may occur during personal care
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Purpose of Nail Care and Shaving

- Reduces germs under the nails to prevent spread to other parts of the body
- Promotes cleanliness and self-esteem
 - Part of skin care
 - Improves appearance
- Affects how people feel about themselves



Personal Protective Equipment (PPE) to Use While Grooming Residents

Fingernail and foot care:

- Gloves



Shaving:

- Gloves
- Gown



PPE is dependent on the type of grooming you are providing the resident as well as the resident's condition and isolation status.



FINGERNAIL CARE



Process for Fingernail Care

- Perform hand hygiene
- Gather equipment: emery board, nail stick or soft nail brush, lotion, basin, soap, washcloths, towels, gloves
- Fill basin with warm water (<math><105^{\circ}\text{F}</math>)
- Perform hand hygiene and put on gloves
- Soak residents' hands and nails (>5 minutes)
- Wash residents' hands and pat dry
- Place hands on towel and clean under fingernail wood stick
- Wash and dry residents' hands again



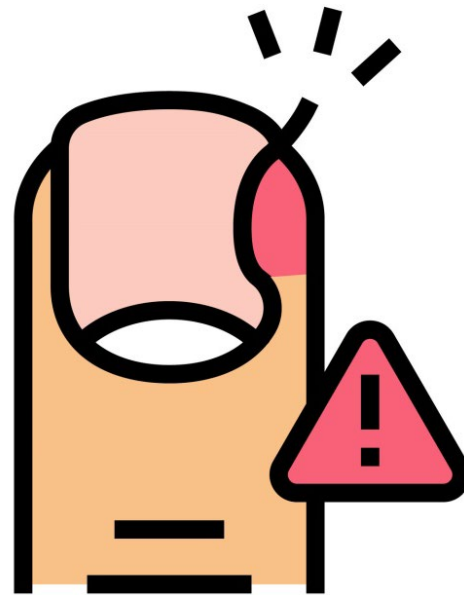
Process for Fingernail Care Continued

- Shape nails
 - Move in one direction
 - File in a curve
- Apply lotion from fingertips to wrists
 - Remove excess with towel or washcloth
- Empty, rinse, dry basin (depending on facility policy)
- Placed soiled linens in proper area
- Remove and discard gloves
- Perform hand hygiene



Reflection: Signs of Infection

What would you do if you saw abnormalities when providing nail care?



Possible Signs of Infection

Report any unusual observations to the nurse

- Dry, flaking skin
- Nonintact or broken skin
- Discoloration of the hands
- Blisters or bruises
- Blood or drainage
- Long, ragged, or ingrown nails
- Swelling
- Soft, fragile, or reddened hands
- Differences in temperature of the hands



FOOT CARE



Process for Foot Care

- Perform hand hygiene
- Gather equipment: basin, bath mat, soap, lotion, washcloths, towels, bath thermometer, clean socks, gloves
- Fill basin with warm water (<math><105^{\circ}\text{F}</math>)
- Support ankle and foot throughout procedure
- Perform hand hygiene and put on gloves
- Soak residents' feet (>10 minutes)
- Wash residents' feet and pat dry
 - One foot at a time
 - Between toes and around nail bed



Process for Foot Care Continued

- Warm lotion by rubbing hands together
- Massage lotion into entire foot (top and bottom)
 - Do not rub lotion between the toes
 - Remove excess lotion with towel
- Put on clean socks
- Empty, rinse, and dry basin (per facility policy)
- Place soiled clothing and linens in proper area (per facility policy)
- Remove and discard gloves
- Perform hand hygiene



Reflection: Signs of Infection

Think of some signs of infection you may have observed during foot care.



Possible Signs of Infection

Report any unusual observations to the nurse:

- Dry, flaking skin
- Nonintact or broken skin
- Discoloration of the hands
- Blisters or bruises
- Blood or drainage
- Long, ragged, or ingrown toenails
- Swelling
- Soft, fragile, or reddened heels
- Differences in temperature of the feet



Why Don't We Use Nail Clippers?

- May cause cuts on fingers and toes
- Germs can enter an open cut and cause an infection
- Report to the nurse if clipping is needed



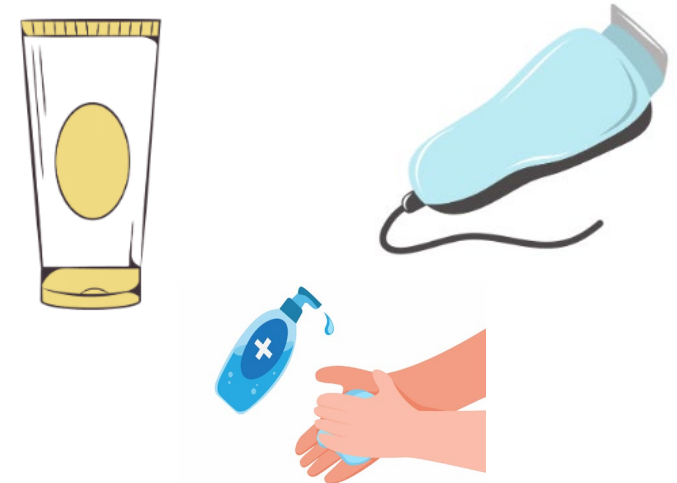


SHAVING



Process for Shaving

- Perform hand hygiene
- Gather equipment: electric razor or clipper, 2 towels, washcloth, mirror, after-shave lotion, gloves, and gown
- Place a towel across chest, under chin (if in bed)
- Perform hand hygiene and put on gloves and gown
- Do not use an electric razor near any water source or when oxygen is in use
- Hold skin taut; use smooth, even movements
- Apply after-shave lotion (per facility policy)
- Remove towel
- Clean razor
- Remove gloves and perform hand hygiene



Shaving and Infection Prevention

DOs

- ✓ Choose a shaver for a wet or dry shave
- ✓ Follow manufacturer's instructions
- ✓ Shave in the direction of hair growth
- ✓ Wash skin with soap and water after shaving

DON'Ts

- ✗ Store razor in a wet area
- ✗ Try to shave off facial acne
- ✗ Share razors
- ✗ Use the same razor on different parts of the body

Why Don't We Use Traditional Razor Blades?

Risk to resident

- May lead to more cuts
- Cuts act as an entry point for an infection



Risk to staff

- Potential for sharps related injury
- Injury may lead to a bloodborne infection (such as HIV and Hepatitis B or C)



Knowledge Check

What are the infection prevention practices that should be followed when shaving with a clipper? (Select all that apply)

- A. Hand hygiene
- B. PPE (gloves and gown)
- C. Cleaning the environment
- D. Cleaning and disinfection of shaving equipment
- E. All the above



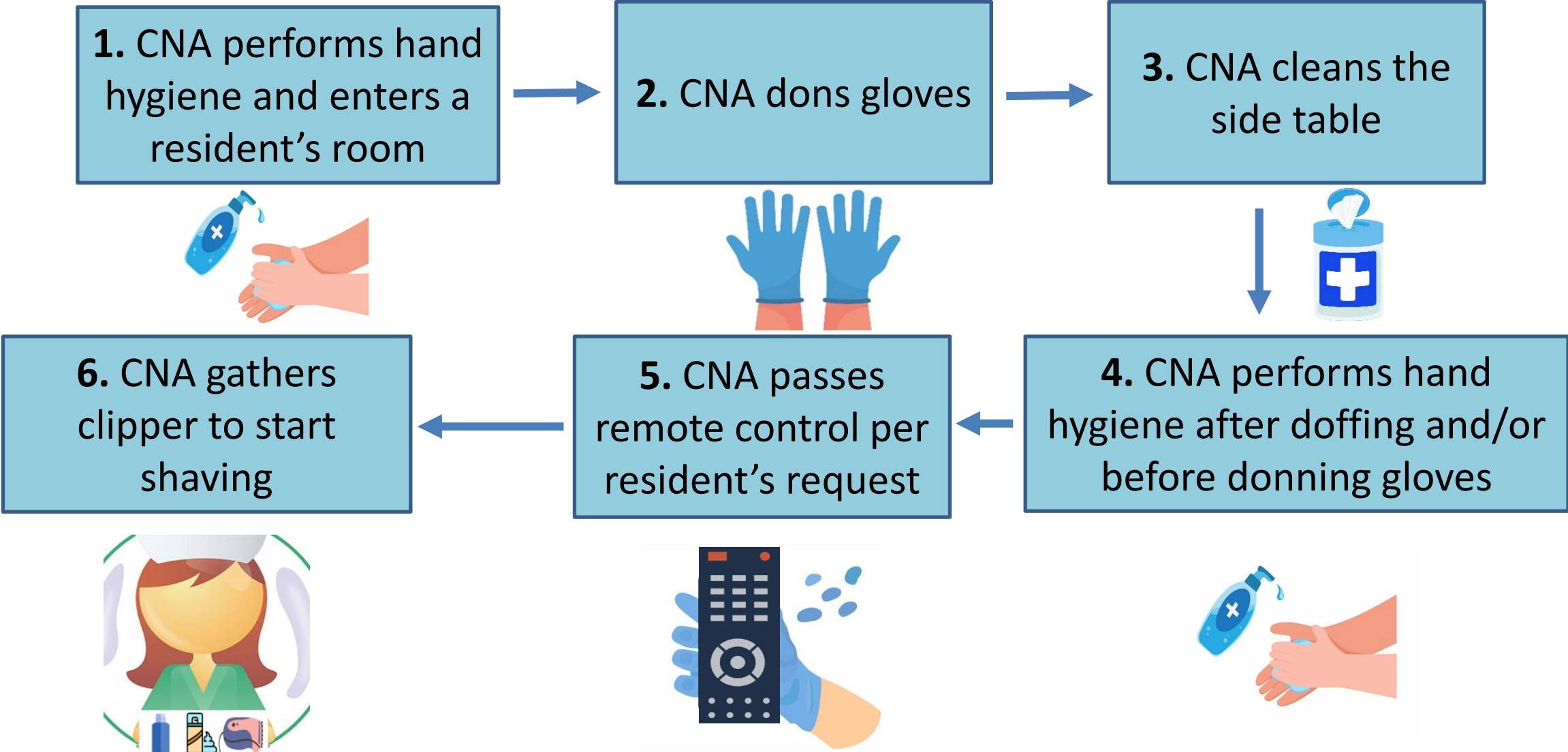
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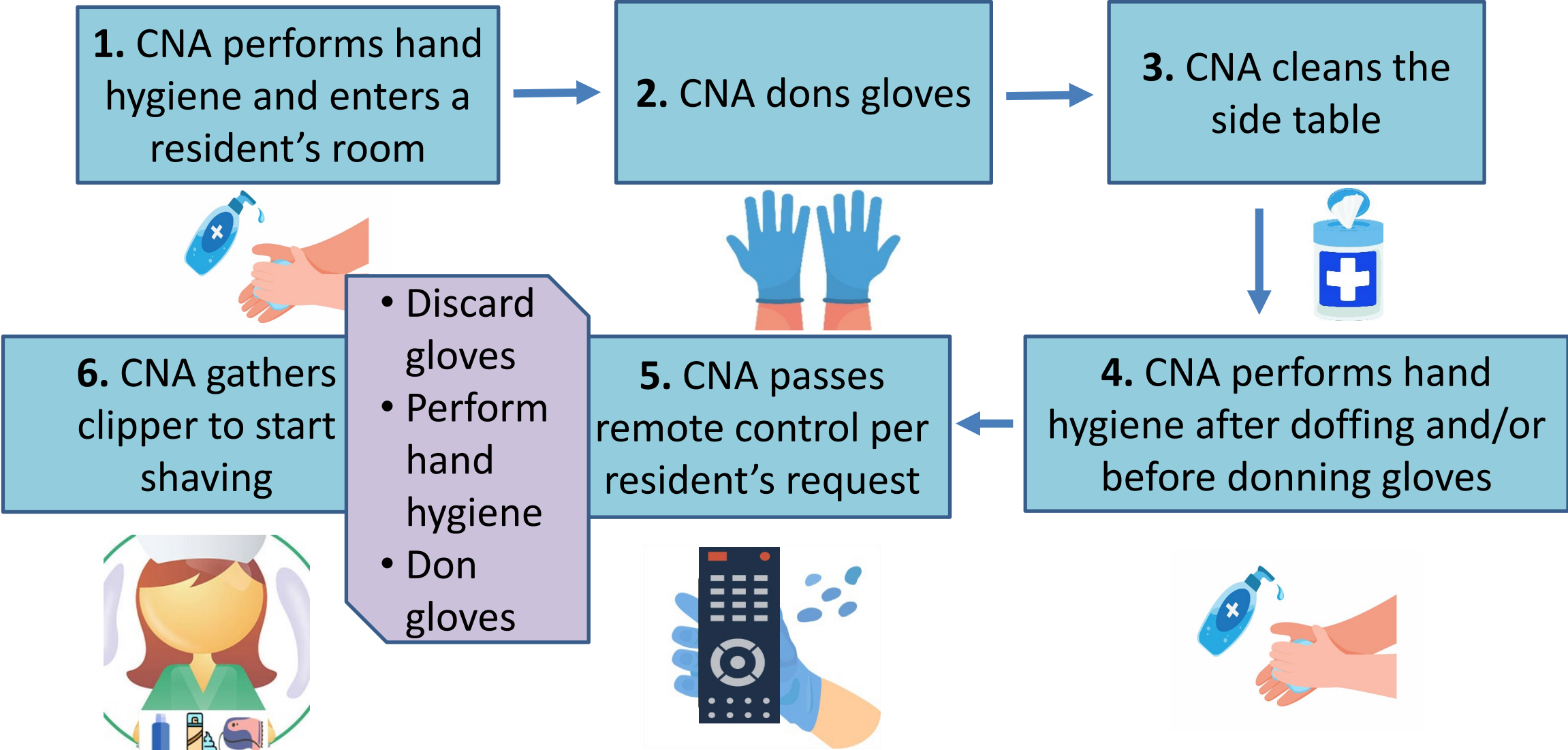
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- B. PPE (gloves and gown)
- C. Cleaning the environment
- D. Cleaning and disinfection of shaving equipment
- E. **All the above**



Scenario



Scenario



Knowledge Check

Why should CNAs assist residents with nail care and shaving? (Select all that apply)

- A. Prevents bacterial and fungal growth under nails
- B. Makes residents feel good by improving their appearance
- C. Promotes cleanliness
- D. All the above



Knowledge Check

Why should CNAs assist residents with nail care and shaving? (Select all that apply)

- A. Prevents bacterial and fungal growth under nails
- B. Makes residents feel good by improving their appearance
- C. Promotes cleanliness
- D. **All the above**



Highlights

- Perform hand hygiene before and after shaving, fingernail care, and foot care procedures
 - Provide nail care to reduce bacterial or fungal growth under the nails that may contribute to infection
 - Shave residents to promote skin care and cleanliness
 - Look for any signs and symptoms of infection and immediately report them to a nurse
 - Disinfect personal care equipment according to facility policy and manufacturer's guidelines immediately after use
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References

- [Environmental Cleaning and Disinfection | Centers for Disease Control and Prevention \(CDC\)](http://www.train.org/cdctrain/course/1081815/)
(www.train.org/cdctrain/course/1081815/)
- [Healthcare Settings: Preventing the Spread of MRSA | CDC](http://www.cdc.gov/mrsa/healthcare/index.html)
(www.cdc.gov/mrsa/healthcare/index.html)
- [Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes | CDC](http://www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html)
(www.cdc.gov/coronavirus/2019-ncov/hcp/long-term-care.html)
- [Reprocessing Reusable Resident Care Equipment | CDC](http://www.train.org/cdctrain/course/1081814/)
(www.train.org/cdctrain/course/1081814/)



QUESTIONS AND DISCUSSION



Project Firstline Resources

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ProjectFirstline@cdph.ca.gov

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