

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



- ✓ Submit questions via Q&A
- ✓ Use the chat feature to participate in the discussion



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

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



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

- 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>)
- Put on gloves
- Soak residents' hands and nails (>5 minutes)
- Wash residents' hands and pat dry
- Place hands on towel and clean under fingernail with wood stick
- Wash and dry residents' hands again



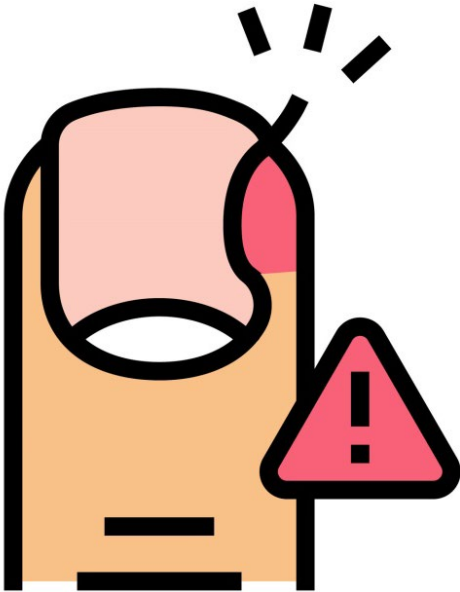
Process for Fingernail Care Continued

- 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



Chat Question

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

- 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
- 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



Mindfulness Moment

Think of some signs of infection you may have seen 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?

Risk to the resident

- 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



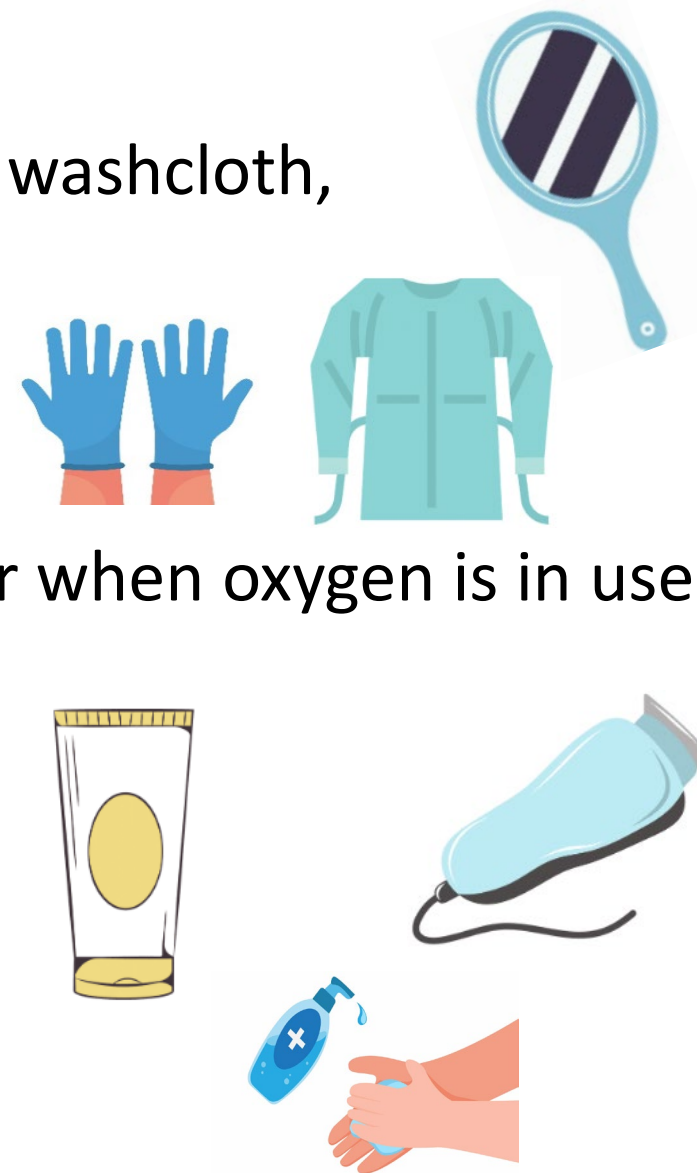


SHAVING



Process for Shaving

- 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)
- 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



Dos and Don'ts of Shaving

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
- ✗ Never use an electric razor/clipper near oxygen

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)



Poll Question

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



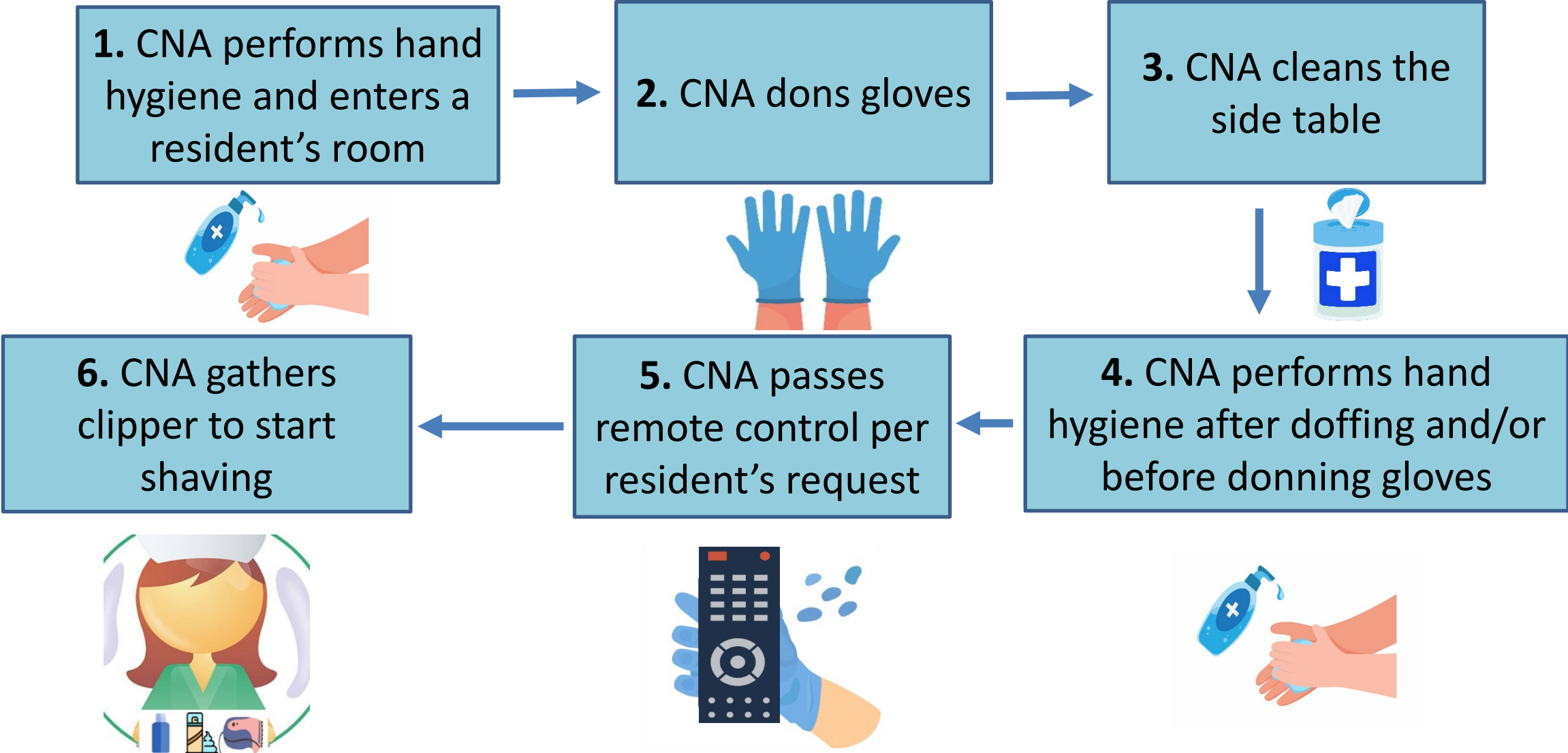
Poll Question Answer

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

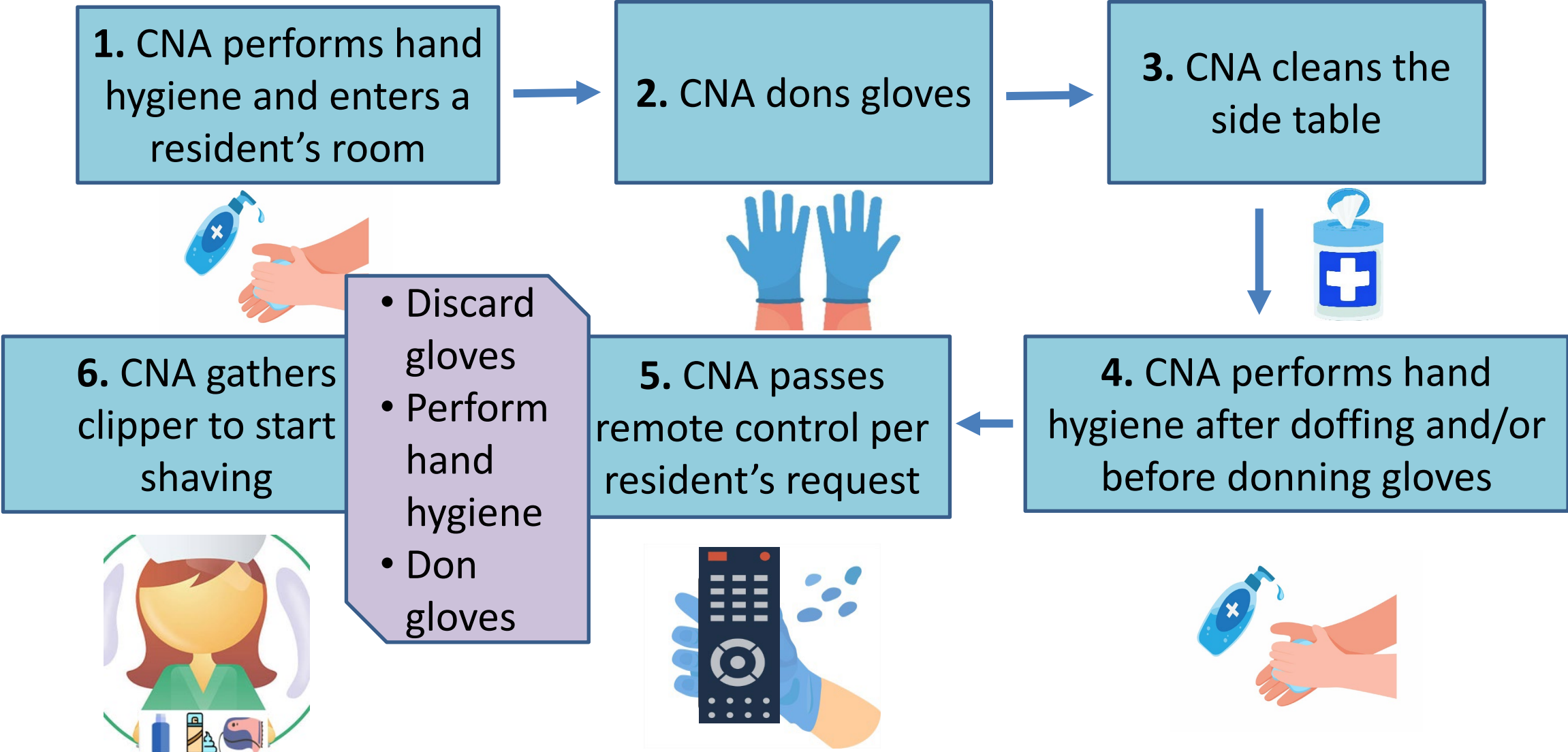
- A. Hand hygiene
- B. PPE (gloves and gown)
- C. Cleaning the environment
- D. Cleaning and disinfection of shaving equipment
- E. **All the above**



Scenario



Scenario



Poll Question

Why is it important for CNAs to 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



Poll Question Answer

*Why is it important for CNAs to assist residents with nail care and shaving?
(Select all that apply)*

- A. Prevents bacterial and fungal growth under nails
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- 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 bacteria 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 report to a nurse immediately
- Disinfect personal care equipment according to facility policy and manufacturer's guidelines immediately after use



References

- [Environmental Cleaning and Disinfection | Centers for Disease Control and Prevention \(CDC\)](https://www.train.org/cdctrain/course/1081815/)
(www.train.org/cdctrain/course/1081815/)
- [Healthcare Settings: Preventing the Spread of MRSA | CDC](https://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](https://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](https://www.train.org/cdctrain/course/1081814/)
(www.train.org/cdctrain/course/1081814/)

Next Steps

- Fill out the post-training evaluation
- Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)



Group Registration Checklist

- Have training coordinator send a list of participants and email addresses to CDPH Project Firstline
 - If you do not have an email, free email accounts are available
- Once the training coordinator sends the list, we will email instructions to each participant on how to complete registration and receive their Certificate of Attendance
- Email: ProjectFirstline@cdph.ca.gov

Questions?

For more information, contact

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24/7 Voicemail Box: (510) 231-7855

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.