

# TOPIC: HAIR AND NAIL CARE

**1. Care of the hair, facial hair, fingernails and toenails is an important part of the resident's daily grooming.** Cultural, ethnic, religious and personal choices influence each resident's needs and practices.

**2. Daily hair care improves appearance, self-esteem and a sense of well being.**

- a. Brushing and combing hair increases circulation and promotes healthy scalp and hair.
- b. Hair is shampooed at least once per week or more often, if necessary, according to ISDH regulations.
- c. Hair should be styled according to the resident's preference.
- d. Remove tangles by dividing hair into small sections and gently combing out from ends of hair to scalp.
- e. Hair preparations are a personal choice and should be used at the resident's request.

**3. Shaving is part of daily routine, especially for men and occasionally for women.** The resident has the right to grow facial hair and to choose the preferred method of shaving if not medically contraindicated. **a. When using a safety razor (manual razor):**

- a. 1) Soften hair with damp warm washcloth, apply shaving cream and lather well. 2) Shave in direction of hair growth (downward on face, upward on neck). 3) Rinse skin thoroughly to prevent irritation and use after-shave lotion as resident requests.

**b. When using an electric razor (plug in or battery operated):**

- b. 1) Do not use near water source, oxygen or if resident has certain type of pacemaker. 2) Use pre-shave and after-shave lotions as resident requests. 3) Shave with back and forth motion (foil head razor) or circular motion (three-head razor). 4) Clean razor after each use.

c.

**4. Nails require daily attention.** Clean, trimmed and smooth nails prevent infection, injuries and odor. a. To provide fingernail care clean under and around nails to keep skin healthy, intact and infection free.

Soak nails to soften and trim nails straight across, then file smooth, gently rounding corners. b. To provide toenail care clean under and around nails to keep skin healthy, intact and infection free.

**Never cut toenails if resident is diabetic or circulation impaired.** A podiatrist provides the best care. If instructed by nurse, file toenails straight across to prevent ingrowths.

#### **5. LNA's role:**

- a. Provide privacy and encourage client to do as much as possible to promote independence.
- b. Show client how they look when you have finished.
- c. Use Standard Precautions when shaving or cutting nails.
- d. Observe and report signs of dryness, tenderness, color changes in nails (cyanosis or redness), swelling, drainage, cuts or splits in skin.
- e. Never cut a resident's hair unless specifically instructed by client or family.

#### **ADDITIONAL DEFINITIONS:**

**Pacemaker** – electrical device that controls heartbeat by stimulating the heart muscle **Intact** – unimpaired; whole **Cyanosis** – bluish or grayish discoloration of skin