Through this unit you will learn how to carry out a foot and toenail treatment on a model that you know. You will learn how to carry out a consultation and find out what the model wants. You will learn how to prepare yourself, the model and your work area for the foot and toenail care treatment. You will learn about the basic structure of the nail. You will learn how to identify the reasons why the application may be stopped or changed. You will learn about the different products and skills used to apply nail and skin products to provide a professional finish.
What you must know & do

How to achieve this unit

On completion of this unit you will:

Learning outcome 1

Know how to provide foot and toenail care

a. Identify conditions that may stop or change how the foot and toenails are treated
b. State why it is important to be able to recognise conditions that may stop or change a foot and toe nail treatment
c. State possible reactions that may happen during or after the foot and toenail treatment and the action to take
d. Describe the suggested nail shape for toenails and state the reason for this
e. Identify the nail structure
f. Identify the products used to care for the foot and toenails

Learning outcome 2

Be able to provide foot and nail care

a. Prepare yourself, the model and your work area for a foot and toenail care treatment
b. Carry out a consultation for a foot and toenail treatment
c. Use hygienic and safe methods of working
d. Carry out a foot and toenail treatment
e. Give your model after-treatment advice
What you must learn

This section provides you with guidance on the recommended knowledge and skills required to achieve this unit.

Learning outcome 1

Know how to provide foot and toenail care

Identify conditions that may stop or change how the foot and toenails are treated

**Conditions that may prevent treatment:** Fungal nail/skin infections, bacterial nail/skin infections, viral nail/skin infections, severe eczema, psoriasis or dermatitis, open wounds/cuts/abrasions local to treatment area, nail plate separation (know when to seek medical advice).

**Conditions that may restrict treatment:** Minor eczema, psoriasis or dermatitis, damaged nails, dry overgrown cuticles, cuts and abrasions, corns, hard skin, bruising.

State why it is important to be able to recognise conditions that may stop or change a foot and toenail care treatment

**Importance of identifying conditions:** To avoid cross-infection and making the condition worse.
<table>
<thead>
<tr>
<th>State possible reactions that may happen during or after the foot and toenail treatment and the action to take</th>
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<tbody>
<tr>
<td><strong>Possible reaction:</strong> Allergic reaction. Action – remove product, apply cold compress, seek medical advice if condition persists.</td>
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<tr>
<th>Describe the suggested nail shape for toenails and state the reason for this</th>
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<tr>
<td><strong>Suitable nail shape:</strong> Square for toenails to prevent ingrowing toenails.</td>
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<th>Identify the nail structure</th>
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<td><strong>Structure of the nail:</strong> Nail plate, cuticle, lunula (half-moon), nail wall free edge, matrix.</td>
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What you must learn

Identify the products used to care for the foot and toenails

**Nail varnish remover:** To remove nail varnish and oil from the nail plate.

**Foot soak:** To soften and cleanse the feet.

**Cuticle cream:** To help to soften and moisturise the cuticle and allow it to be pushed back.

**Foot lotion/cream:** To moisturise and condition the skin, nails and cuticles.

**Base coat:** To protect the nail from staining and help the varnish to last longer.

**Nail varnish:** To give colour to the nail.

**Top coat:** To seal the colour and help the varnish to last longer.

**Nail strengthener:** To condition and give strength to the nails.

Learning outcome 2

Be able to provide foot and toenail care

Prepare yourself, the model and your work area for a foot and toenail care treatment

**Prepare yourself:** Clean ironed clothes, flat closed-in shoes, no jewellery, no piercings, hair (neatly tied back, fringe secured), make-up if worn, should be light day make-up, personal hygiene and cleanliness (shower/bath, cover cuts and abrasions, deodorant or antiperspirant), good oral hygiene (clean teeth, fresh breath), no nail enhancements, clean, short, natural nails.

**Prepare your client:** Protect client clothing, ensure client is positioned correctly and comfortably, respect privacy and modesty.

**Prepare your work area:** Clean and hygienic, good lighting, covering for table or trolley, no obstructions, tools and equipment in a safe working position for the therapist.

**Prepare products, tools and equipment:**

Products – nail varnish remover, soaking solution, cuticle cream, foot lotion or cream, buffing paste, base coat, light nail varnish, top coat, nail strengthener.

Tools – nail file, spatula, cuticle pusher/hoof stick, orangewood stick covered with cotton wool, nail clippers, buffer.

Equipment – gloves, a bowl to soak the feet, a trolley/work area, cotton wool, tissues, towels, couch roll, bowls (for cotton wool), lined bin, chair.
Carry out a consultation for a foot and toenail treatment

Consultation techniques: Model’s needs, model satisfaction, model’s expectations and aftercare, signatures, visual, manual, questioning, listening, model card reference.

Communication:
Verbal – clear speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to the treatment.
Non-verbal – eye contact, body language, listening.

Nail and skin analysis technique: Visual and manual examination of the condition of the toes and nails (wipe over area with sanitiser to assess condition and observe any contra-indications).

Analysis: Identification of conditions of skin and nails to be noted, model’s signature, completion of record card before starting the treatment, following industry codes of practice, appropriate selection of products, tools and equipment to suit the model’s needs/skin condition, client preference of finish (clear, nail strengthener, light, natural – buffed).

Identification of conditions that may stop treatment: Fungal nail/skin infections, bacterial nail/skin infections, viral nail/skin infections, severe eczema, psoriasis or dermatitis, open wounds/cuts/abrasions local to treatment area, nail plate separation, bruising (knowing when to seek medical advice).

Identification of conditions that may change treatment: Minor eczema, psoriasis or dermatitis, damaged nails, dry overgrown cuticles, cuts and abrasions bruising, hard skin, corns.

Use hygienic and safe methods of working

Health and safety at work: Clean up spillages, report slippery surfaces, remove/report obstacles, no trailing wires, ensure good all round access to trolleys and equipment, sterilise/disinfect tools, equipment and work surfaces.

Towels: Clean towels for each client, place dirty towels in a towel bin.

Hygiene (general): Sterilise and sanitise tools, sanitise hands before and after treatments, remove products from pots with a spatula, use disposable equipment wherever possible, replace lids after use. Wear gloves when checking for reasons why the treatment may be stopped or changed.
**What you must learn**

**Carry out a foot and toenail treatment**

**Treatment:** Remove nail varnish, check for factors that may stop or change the treatment, cut/file nails, apply cuticle cream, soak feet, dry feet, push back cuticles, massage the foot and ankle with lotion/cream, clean the nails, apply finish - clear, nail strengthener, light, natural – buffed.

**Shaping and filing the nails:** Cut nails carefully using nail clippers, use nail file work straight across the nail in one direction, use the fine side of nail file for minor filing and the rough side for reducing length.

**Cuticle cream:** Remove from jar with spatula, apply a small amount to each nail with tipped orangewood stick, massage in circular movements, and soak in warm water with foot soak.

**Push back cuticles (optional/if required):** Use plastic hoof stick/cuticle pusher, to gently push back the cuticles using circular movements.

**Foot lotion:** Warm lotion in your hands, apply to foot and ankle area with stroking and kneading movements.

**Prepare for finish:** Separate toes with tissue, remove any moisture/greasiness from the nail with nail varnish remover.

**Application of nail enamel or nail strengthener:** Apply base coat, colour/nail strengthener using 3-4 brush strokes down the length of the nail, from cuticle to free edge, beginning in the centre, then down either side close to the nail wall. Apply top coat.

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**Give your model after-treatment advice**

**Aftercare advice:** Allow nails time to dry, general foot/nail care maintenance, retail products recommended for home care, state what to do if any problems occur after the treatment, when they should have another treatment.
Achieving your grade

To achieve a Pass:
You must achieve all criteria in the What you must know & do sections of this unit

To achieve a Merit:
You must achieve all criteria in the What you must know & do sections of this unit AND achieve 2 of the 3 additional performance standards.

To achieve a Distinction:
You must achieve all criteria in the What you must know & do sections of this unit AND achieve all 3 additional performance standards.

Additional Performance Standards:

Work skills

Achieved Not achieved
Possible examples:
You arrived ahead of time to prepare yourself and your work area for treatment.
You arrived for the service dressed appropriately and well groomed.
You prepared and maintained the work area so it is clean/well-ordered and safe.
You ensured all tools are clean and sterile before and after treatment.
You laid out products and tools in order of use.
You ensured sufficient product availability prior to treatment.

Communication

Achieved Not achieved
Possible examples:
You welcomed your model professionally.
You communicated clearly and confidently.
You held a professional conversation with your model after nail and skin analysis to explain your findings.
You used verbal communication skills in a polite, friendly and respectful manner throughout the service.
You listened carefully and followed any instructions accurately.
You checked regularly with your model to ensure that they are comfortable.
You used a wide variety of positive non-verbal communication skills.
You ensured your model is happy with their finished service.

Attention to detail

Achieved Not achieved
Possible examples:
You used personal protective equipment appropriately for the treatment.
You completed a detailed nail and skin analysis.
You filed each nail to an even length and shape.
You left cuticles and feet soft and moisturised.
You separated toes correctly for ease of painting.
You achieved a precise and thorough varnish application.
You used appropriate products following manufacturer’s instructions.
You provided appropriate advice for aftercare.
Learning outcome 1

Know how to provide foot and toenail care

- a. Identify conditions that may stop or change how the foot and toenails are treated
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Learning outcome 2

Be able to provide foot and toenail care

- a. Prepare yourself, the model and your work area for a foot and toenail care treatment
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- d. Carry out a foot and toenail treatment
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Unit Sign off

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<td>Pass ●</td>
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Date
Assessor initials
Learner signature
IQA signature (if sampled)