

Resource 6

Cribsheet for hand contracture Ax Form

This document is intended to provide an **illustration** of the 'Hand contracture assessment form'.

Hand hygiene			
Left Hand	Right Hand	Comment	Action
[Select from dropdown] Build up of skin Clean Odour present Other Sweaty	[Select from dropdown] Build up of skin Clean Odour present Other Sweaty	<p>Please comment on the overall condition of the hand, including cleanliness, skin integrity, and nail area. If you feel the hand has not been cleaned adequately, please describe your observations and the reasons for this view (for example, visible debris, build-up under nails, odour, or areas frequently missed).</p> <p>Consider whether the hand is at risk of moisture-related skin damage, such as maceration, redness, or softening of the skin, particularly in skin folds or the palm.</p> <p>Is there a hand hygiene care plan in place? If so, does it clearly describe how hand hygiene is managed, including frequency, products used, and support required?</p> <p>See Hand hygiene resource.</p>	[Add]

Hand hygiene			
Left Hand	Right Hand	Comment	Action
[Select from dropdown] Jagged Edges Long Other Short / Trimmed	[Select from dropdown] Jagged Edges Long Other Short / Trimmed	<p>Comment on the condition of the fingernails and how nail care is currently managed.</p> <p>Is there a care plan that clearly describes how nail care is undertaken (for example, filing only)?</p> <p>Consider whether this approach is sufficient for the person's needs.</p> <p>Refer to the Fingernail Care resource for further guidance.</p>	[Add]

Digits				
Digit	Left Hand	Right Hand	Comment	Action
[Select from dropdown] Digit 1 (thumb) Digit 2 (index) Digit 3 (middle) Digit 4 (ring) Digit 5 (little) All Digits	[Select from dropdown] Flexed at MCP Flexed at PIP Flexed at DIP Abduction of thumb into palm Other Flexed at all joints	[Select from dropdown] Flexed at MCP Flexed at PIP Flexed at DIP Abduction of thumb into palm Other Flexed at all joints	<p>The aim is to establish a baseline of hand range of movement and monitor change over time.</p> <p>Assessment can be undertaken visually.</p> <p>Photographs can support baseline recording and are useful for comparison with the opposite hand.</p> <p>Images also assist with reviewing maintenance of movement or identifying deterioration over time.</p> <p>Use of a goniometer is not essential.</p>	[Add]
<p>How is nail care being completed? Who is carrying out the nail care? If so, have they received any specific training for this? Or is this being completed by a podiatrist/chiropractist? Are there any difficulties? Any pain relief required beforehand? Consider and record any risks, particularly if nails are difficult to access and nail cutting is being undertaken by someone without appropriate training.</p>				
<p>Hand contractures present?</p>				
<p>Comments:</p>				

Hand Contracture Status	[Select from dropdown] Build up of skin Clean Odour present Other Sweaty See definitions for guidance as to which category the hand contracture should fall into.	Hand Pain Scale on passive movement (0- No Pain 10- Most Pain)	[Select from dropdown] Left Right Both
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Hand Pain Description E.g. Do we feel that the pain is short-lived or lasting beyond the intervention? Is the resident able to describe the pain? Is there evidence of a 'learnt pain response' – moving the hand away, to pre-empt pain? Does pain relief prior to movement help?

Hand hygiene		
Hand	Intervention / Plan	Action
[Select from dropdown] Left Right	[Select from dropdown] Cutimed Sorbact Dermis Plus Prevent Other – please detail in comments Palm Protector – Microbead style PCM Palm Protector – Microbead style Medoris Palm Protector Synthetic Sheep Skin style Pain medication review	[Add]
<p>Problems identified e.g., Pressure Ulcer/increased risk pressure damage; Long nails digging into palm; Pain on passive movement; Fixed flexion contracture of digits.</p>		
<p>Comments Goals: Peros and/or carers as well as therapy goals e.g. Reduce risk pressure damage; Any functional wishes – e.g. maintain pincher grip to pick up cup, use remote; Improve hand hygiene; Maintain ROM movement.</p>		



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