

CPD WEB PAGES

The following pages are designed to provoke thought and stimulate your mind. We make no apologies for teaching you to "suck eggs". If you have a particular item or subject matter you would like to see in this area, please leave a message on the message board.

Number 9

NAIL DISORDERS

The following information represents part one of this CPD subject and is designed to jog your memory and revise your knowledge of Nail Disorders.

Onychocryptosis (Ingrown Nail)

Signs/Symptoms = Hypergranulation, Pain, Tenderness, Obscure Nail Groove, Nail Spur, Possible Infection, Inflammation of Site.

Aetiology = Inadequate footwear, poor pedicure, sports injury.

Involuted Nail (Curvature of Nail)

Signs/Symptoms = Inflammation, overgrowth, nail impingement of nail bed, reduction of circulation to nail bed.

Aetiology = Heat, moisture, pressure, hereditary factors, congenital disposition, nutritional deficiency, trauma.

Beau Lines (Transverse Ridges or Groves)

Signs/Symptoms = Unsightly ridges, not usually painful

Aetiology = Ischemia, Raynaud's Disease, diabetes, psoriasis, eczema, alopecia.

Koilonychia (Concave/spoon shaped)

Signs/symptoms = Recognisable concavity. usually painless.

Aetiology = Anaemia, anorexia, trauma.

Onychogryphosis (Ostler's Toe/Ram's Horn Nail)

Signs/Symptoms = Visible overgrowth, painful nail.

Aetiology = Trauma, shoe impaction.

Onycholysis (Slow separation of nail)

Signs/Symptoms = Inflammation, usually painless infection.

Aetiology = Psoriasis, eczema, trauma, poor peripheral circulation.

Onychauxis (Hypertrophied nail)

Signs/symptoms = Pain, discomfort, overgrowth.

Aetiology = Trauma, ill-fitting shoes, neglected nail trimming, systemic disturbance.

Paronychia (Inflammation of Tissues)

Signs/Symptoms = Inflammation, pain, discomfort, infection.

Aetiology = Injury to periungual tissues, trauma untreated onychocryptosis, bacterial invasion, poor scalpel technique.

Onychia (Inflammation of the Matrix)

Signs/Symptoms = Pain, tenderness, inflammation, suppuration, discoloration of nail.

Aetiology = Systemic local infection following trauma, sequela to paronychia.

Hippocratic Nail (Club Nail)

Signs/Symptoms = Clubbed appearance of nail extending over the apex of the toe, usually painless.

Aetiology = Cardiac condition, thyroid disease, cirrhosis.

(Part Two to follow)