

Nailcare Academy

ANT STUDY QUESTIONS - MODULE 1 - 8

These are general topics that the ANT should understand and which are likely to be in questions on the ANT Exam. Look up the answers if you don't know them. Use the "Search" icon (small magnifying glass) at the top left of the slides to help locate key phrases. Don't forget to study the Handbook!

Module 1, Introduction

What is *scope of practice* and who defines it for nail technicians?

Name the reasons pedicures are a must for some people.

Name the three reasons Diabetes is expected to rise to 35% by 2035.

Describe what the "Make 'em wait" technique is and one benefit it has for the ANT.

Module 2, Diseases and Disorders

Discuss the meaning of *out of normal* as used in a nail salon?

Name three chronic health conditions that affect the lower limbs?

What are the differences between *Rheumatoid Arthritis* and *Osteoarthritis*?

Name three common types of skin cancer.

What is the skin cancer that is most deadly?

Which skin cancer usually does not metastasize?

Name the early signs of skin cancer and discuss the meaning of each.

Why do nail technicians send clients with dark streaks on their nails to a dermatologist?

Describe *Subungual Melanoma*?

What is the *most deadly* area for skin cancer on the body and why?

What is the name of the virus that causes COVID-19?

Describe the appearance of *COVID Toes*?

What is the catch-all name for irritated skin?

Compare and contrast *Allergic Dermatitis* and *Contact Dermatitis*?

What is the solution for allergic reactions?

Name the two main types of Diabetes and describe the differences.

Name a third type of Diabetes and discuss the characteristics.

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What is a general term that refers to severe inflammation of the liver?

What are the two types of Hepatitis B?

What is a *carrier*? Describe a carrier and his/her transmission of diseases.

Name several diseases that can be contagious even if they do not show symptoms.

Why are Herpes of concern to nail techs?

What is the scientific name for *spoon nails*?

Name the three types of Lupus and underline the most common one. List some symptoms of this Lupus.

Name the condition of swelling that is sometimes not on both legs, is most frequently in women, and sometimes can be extreme.

What is the mutated pathological form of Staphylococcus Aureus?

What is the difference between *HA-MRSA* and *CA-MRSA*?

Describe the symptoms of Neuropathy and discuss how it affects foot care in a salon.

Give the medical name for ingrown nails and list several causes.

List preventative measures against ingrown nails for nail techs to share with their clients.

What is the microbe that causes Onychomycosis?

What is the name and acronym for the most common fungal nail condition of the feet?

Name several preventative measures nail techs can share with clients who have fungal nails.

Give the medical name of the nail delamination condition and list several remedies.

What is the bacteria that causes "greenies" on the nails?

What are three causes of Psoriasis?

Which Psoriasis is most often seen by nail technicians?

What are some causes of horizontal ridging on the nails? Vertical ridging?

Name the infection caused by the same virus as Chickenpox?

What is the most common infection of the skin of the feet?

Give the description of an ulcer and name common causes.

Define the term *vascular disease* and name some examples.

Name the virus that causes warts?

Name the warts on the bottom of the foot with tiny, black dots caused by capillary bleeding.

Name the skin condition caused by excessive proliferation of cells and low surface lipids on the stratum corneum?

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Module 3, Upgrading Infection Control

What are microbes/microorganisms?

Name and describe the two types of microorganisms.

Name the methods of disease transfer and an example of each.

Define these terms: *sanitation*, *disinfection* and *sterilization*.

What is the guaranteed method of infection control that causes complete annihilation of microbes?

Name the new FDA/EPA approved disinfectant and discuss its benefits to nail technicians.

Describe the 3 levels of infection control or “levels of clean”.

Describe the 3 levels of disinfection, according to the CDC.

Describe using efficacy strips and why they are used.

Name the positives for having an Autoclave. Name the negatives.

Name the two types of autoclave sterilizers – put each name in a separate column. Compare and contrast these two devices: method of sterilization, positives for each, negatives for each type.

Name the positives for liquid immersion disinfectant systems. List the negatives.

Discuss the various elements of disinfecting a pedicure foot bath.

Discuss the differences between older traditional pedicure chairs and newer jetted chairs.

List the protocols for handling implements after autoclaving.

Describe the steps for preparing implements for disinfection.

Provide the reasons a UV Sterilizer is misnamed.

Define *verification* and list the elements that should be in place.

Discuss the use of glass bead devices in salons.

Define *disposables* and list 3 different types.

Name the elements of *Perfect Infection Control*.

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Module 4, Safe Working Practices

What is *aseptic technique*?

What are the purposes of *aseptic techniques*?

What are the *Three R's of Nail Care*. Discuss how you would implement them.

Discuss 3 ways social distancing impacts salons.

What does BBP stand for and why is this standard important?

What does ABP stand for – why are nail techs at risk?

What does the acronym *OSHA* stand for?

Who is OSHA designed to protect?

Name the OSHA standard that most directly affects nail technicians? When was it written and updated?

What does *OPIM* stand for and how does that affect nail technicians?

Define *occupational exposure* and what that means for nail technicians?

Define *PPE*.

Name the 4 typical PPE for nail technicians.

Discuss how to put on/take off gloves and masks properly.

Name 2 tips to make glove wearing more comfortable.

What does SMA stand for? Discuss how it is used in services.

How does a Wood's Lamp help nail techs?

What are the advantages of a Particulate Evacuation System?

Name 3 common BBPs.

What is the best prevention of Hepatitis?

What illness cost more in absenteeism than any other, according to CDC? Name 4 methods of prevention of this malady?

Drug resistance is caused by mutation of what?

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Module 5, Pedicures for At-Risk Clients

Name 4 conditions or infections nail technicians commonly see?

Define *at-risk clients* – name some of the dangers.

Name the “I” conditions.

List the 5 important questions a nail tech should seek answers to in client analysis.

Discuss the differences: *dry skin* and *dehydrated skin*; how their home care would differ?

Who is defined as *immunosuppressed*?

Describe the *Turgor Test*.

What are precautions for the immunosuppressed?

Discuss the symptoms of *Chemo Induced Peripheral Neuropathy*?

List some of the questions a nail tech should ask their clients who are in active chemo treatment.

Discuss *Hand and Foot Syndrome* – cause and symptoms.

Name three common conditions on which the nail technician does not do traditional massage?

Name 4 precautions for services on diabetics.

Why does the technician monitor calluses closely on diabetics?

Describe *avulsion* and *matrixectomy* and how they are different.

Name precautions for working with pregnant clients. Compare the pedicure protocols for regular pregnancy with high-risk pregnancy clients.

What are the symptoms of edema?

Describe *Pitting Edema*.

Describe *Xerosis* and list 6 causes for development.

Explain how *Xerosis* can be handled over time.

Describe feather massage and name three examples of when to use this modality.

Describe soakless manicures/pedicures.

Why are many salons going “soakless?” Name 3 advantages in soakless services.

What do you do when a client insists on a soak pedicure?

List the 7 basic protocols for working with at-risk clients

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Module 6, Product Knowledge

Name the layer of the skin that is only in the palms of the hands and the soles of the feet.

What layer of the skin are nail technicians concerned with?

What are the two types of exfoliation ingredients? How does each perform exfoliation?

Name the 5 categories of products that nail technicians must study and understand.

How are ingredients listed on labels?

What is the active ingredient the CDC recommends to be in hand sanitizers?

Name some *AHAs* and describe how they are beneficial

Name some *BHAs* and why they are beneficial?

What does *hydrophilic* mean?

Define *lipophilic*?

How does hyaluronic acid moisturize the skin?

Name 5 preventative measures nail techs can recommend to their clients.

Name the 2 truths gurus in the industry have stated regarding fungus living in polish.

Name three of the several considerations when sourcing skin care products.

List the benefits of urea to the skin?

What does *hygroscopic* mean?

Discuss the considerations for sourcing products/product ingredients.

Name 3 common inactive ingredients in skin care products and discuss why they are included?

Why should education be required before using essential oils?

List two reasons preservatives important in a formulation.

Name the two types of SPF's and describe the differences.

What is the recommended reapplication time for SPF?

Why are prescription pads inappropriate for nail technicians to use in recommendations?

Why should clients do what you recommend?

What is the chemical name for CBD?

What is the hallucogenic ingredient in cannabis?

CBD as legally sold in retail (US) does not have over .3% of what ingredient?

List how skincare-based services are different than traditional ones?

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Module 7, Safe Salon Concepts

What are MCCs?

List the 3 *Components of Safe Salon Concept*.

What should implements be made of and why?

How do you prevent injuries attributed to nail services?

Name 7 obvious signs a salon is a Safe Salon?

Name 4 of the professional practices of a Safe Salon professional.

List 5 practices attributed to aseptic care.

What do you tell every client about why your salon uses questionnaires?

What do you ask every returning client at their next services?

Name 2 ways gaining information is beneficial for nail techs.

Every client is trained to do what activity before a hand service?

What does the CDC recommend as the base ingredient for hand sanitizers?

What is the result of Safe Salon Concept in how your clients feel about you?

Name the pre-service protocols.

What is indicated when the skin stings upon the alcohol application?

Describe *toe flossing*.

How does HIPAA apply in the beauty industry?

What question is asked before every pedicure, or should be told when calling for an appt?

Define *iatrogenic injury*.

When should toe flossing be performed?

Discuss the desirable attributes of pedicure e-file bits.

Name three typical ways injuries can happen during nail services.

Name three times during the day that hand washing is critical for nail techs.

Describe the philosophy behind the *Callus Control Series*.

Describe the difference between your safe salon and the salon down the street.

Name 3 ongoing expenses from the disposables used in infection control.

Name 2 ways showing off your certifications can benefit your business.

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Module 8, Education and Referral

Describe a healthy nail.

The client's ability to do self-care is dependent on what three things?

Why should the elderly not soak their feet?

What are the basic protective behaviors in foot care for clients?

What are the 6 types of education given clients with chronic illness?

Describe footwear that should be purchased for insensate feet, or those with less-than-normal responses to pressure or pain.

Describe how to use the Brannock and why it is a benefit.

Therapeutic footwear goals should be...?

What shoes should one avoid?

Discuss why diabetics should never go barefoot.

Why are worn running shoes dangerous?

What ingredient does the CDC say Hand Sanitizers must have to be effective?

Describe the steps you need to teach your clients for daily foot hygiene.

How often should the feet be inspected for at-risk clients?

What does the ANT demonstrate with for foot inspection by the chronically ill?

List the 5 components of daily foot maintenance you will teaching clients.

List the key things your clients should be looking for on their feet?

Discuss the matrix nail massage technique – describe and practice the technique on your hand.

Review the conditions which classify a client as at-risk.

Write "Low Risk" in one column and "High Risk" in a second and discuss the differences in educating your client for these categories.

At-risk clients should see their primary care physician minimally how many times a year?

Why should a nail technician discuss exercise and nutrition with their clients?

List symptoms of malnutrition that might be apparent on the feet.

What resources can you offer your clients for "healthy feet" information?

What should the client do if they see something of concern in their daily inspections?

List the physicians in your community you might consider for team care.

Why do nail technicians need referral relationships with physicians or podiatrists?

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What does “friendly podiatrist” mean and why is that important?

Name the steps you can take in preparation to approaching a physician to seek a referral relationship.

What steps do you take if the physician is interested in working with you?

Describe what being a client advocate means.

List 3 golden rules of client education.