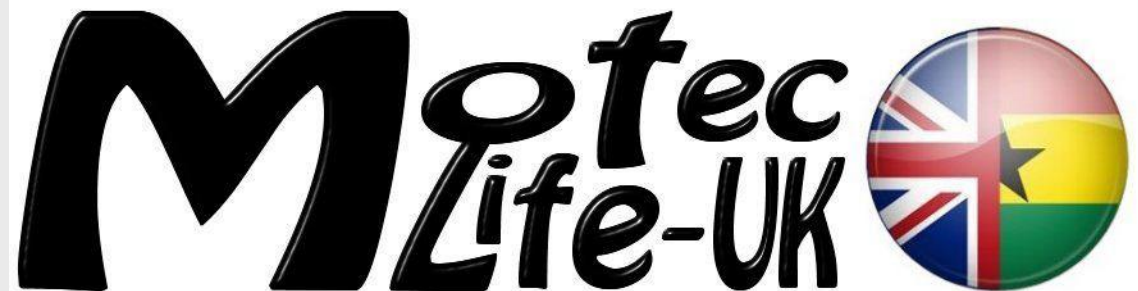


Surgical Scrub and Gown Technique

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Surgical Scrub Practice

The surgical scrub is an everyday practice for many members of the perioperative team, and is an essential element of aseptic technique.

One of the principles of an aseptic technique is to create, maintain and promote a sterile field (NATN 2004). Whilst it is not possible to sterilise your hands, the surgical scrub serves to minimise the number of pathogens, thus reducing the potential for cross infection in the event of a glove puncture (Pratt et al 2001, Swarbrooke et al 2003).

Surgical Scrub Technique

Preparation for scrubbing

- All staff should be in suitable surgical attire, with sleeves above the elbow (rolled if necessary) and tops tucked into trousers.
- All hair should be contained within a surgical hat.
- Fingernails should be short and free from polish or artificial nails.
- Nails may be cleaned if necessary by using a disposable pick under running water.
- All jewellery should be removed.

- Hands and arms should be washed with plain microbial solution and running water immediately before beginning the surgical scrub.
- Hands and arms should be wet before applying scrub solution.
- The first wash should encompass the hands and arms to the elbows, utilising a systematic method to cover all areas (Pratt et al 2001).

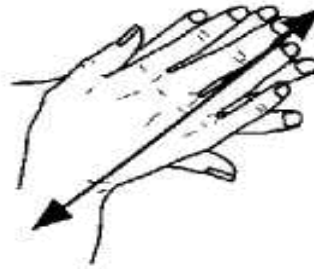


Hand Washing



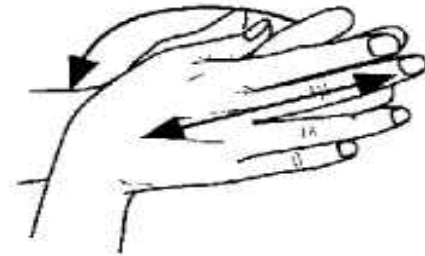
Procedure 1

Wet hands and wrists. Apply soap.



Procedure 2

Right palm over left, left over right.



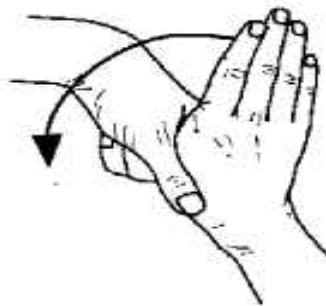
Procedure 3

Palm to palm, fingers interlaced.



Procedure 4

Back fingers to opposing fingers interlocked.



Procedure 5

Rotational rubbing of right thumb clasped in left palm and vice versa.



Procedure 6


Rotational rubbing backwards and forwards with tops of fingers and thumb of right hand in left and vice versa.

NOTE: Repeat procedures 1-6 until the hands are clean. Rinse hands and pat dry.




There are six steps to hand washing:

- Palm to palm
- Right palm over left dorsum and left palm over right dorsum
- Palm to palm with fingers interlaced
- Backs of fingers to opposing palms with fingers interlaced
- Rotational rubbing of right thumb clasped in left palm and vice versa
- Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa

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- The use of a scrubbing brush is not necessary for reduction of bacterial counts and can lead to skin damage and an increase in skin shedding.
 - Subsequent washes should encompass two thirds of the forearms to avoid compromising the cleanliness of the hands.
 - Hands must be rinsed thoroughly from fingertip to elbow, allowing excess water to drain from the elbows into the sink.
 - Avoid splashing surgical attire – if this becomes excessively wet it can compromise the protection afforded by the gown. It may be necessary to change attire and begin the scrub procedure again.



Key Point ! !



both hands higher
than elbows!



Careful !!

Don't touch!

Be aware on the other hand!!
Both hands higher than elbows
all the time!

Drying

- Hands must be dried thoroughly – as wet surfaces transfer micro organisms more effectively than dry (Gould 2000).
- The skin should be blotted dry with towels, as rubbing the skin dry will disturb skin cells.
- The principles of working from the fingertips to the elbows and using one towel per hand must be adhered to.
- Dry hands, first by placing the opposite hand behind the towel and blotting the skin, then by using a corkscrew movement to dry from hand to elbow. The towel must not be returned to the hand once the arm has been dried but must be discarded immediately.
- Repeat the process for the other hand.

Gowning

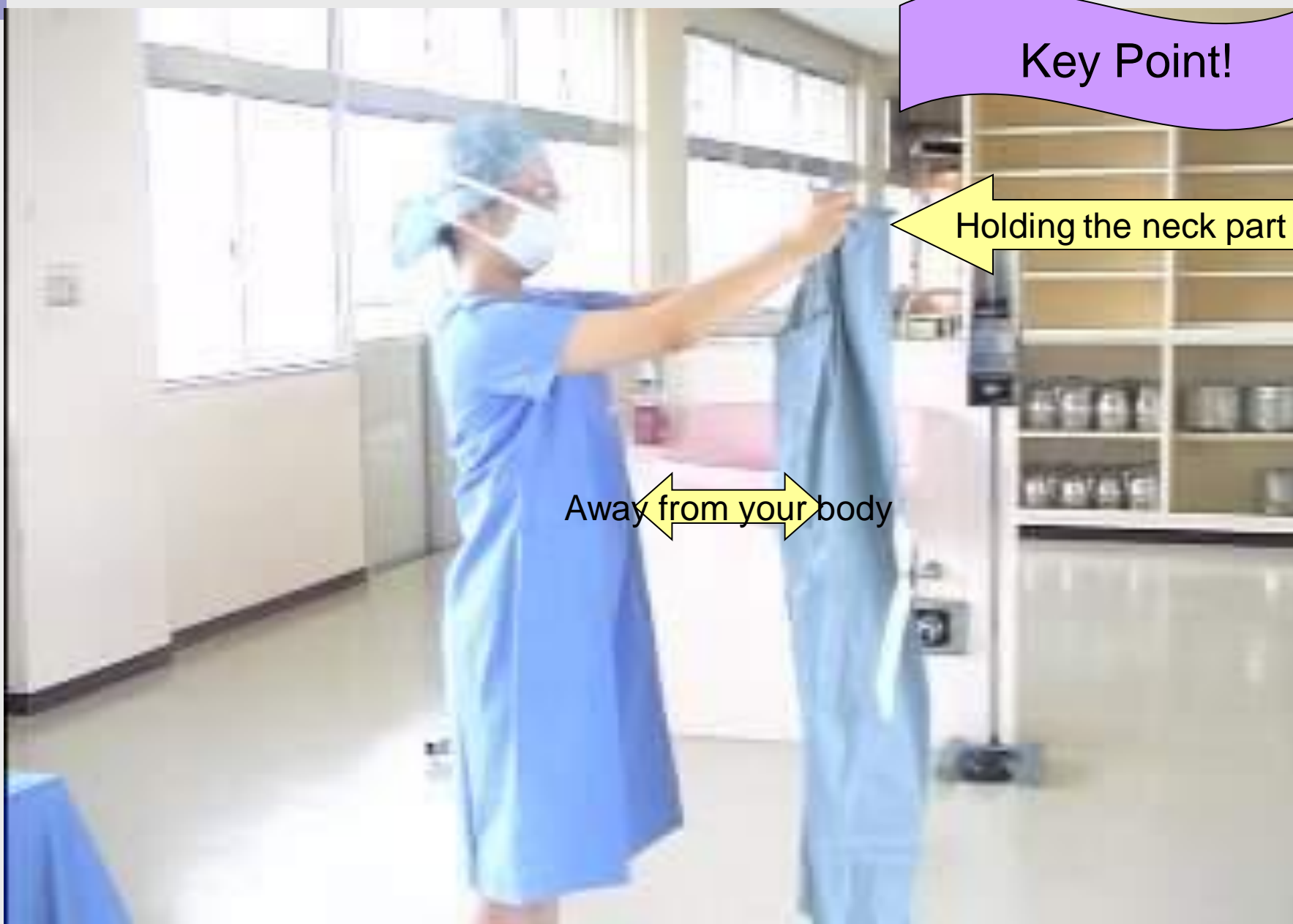
- Grasp the gown firmly and bring it away from the table. It has been folded so that the outside faces away.
- Holding the gown at the shoulders, allow it to unfold gently.
- Place hands inside the armholes and guide each arm through the sleeves by rising and spreading the arms. Do not allow hands to slide outside cuff of gown.
- The circulator assists by pulling the gown over the shoulders and tying it.



Key Point!

Holding the neck part

Away from your body



Gloving (Closed Technique)

- Left hand (within the gown) lifts the right glove by its cuff.
- The fingers of the glove face towards you.



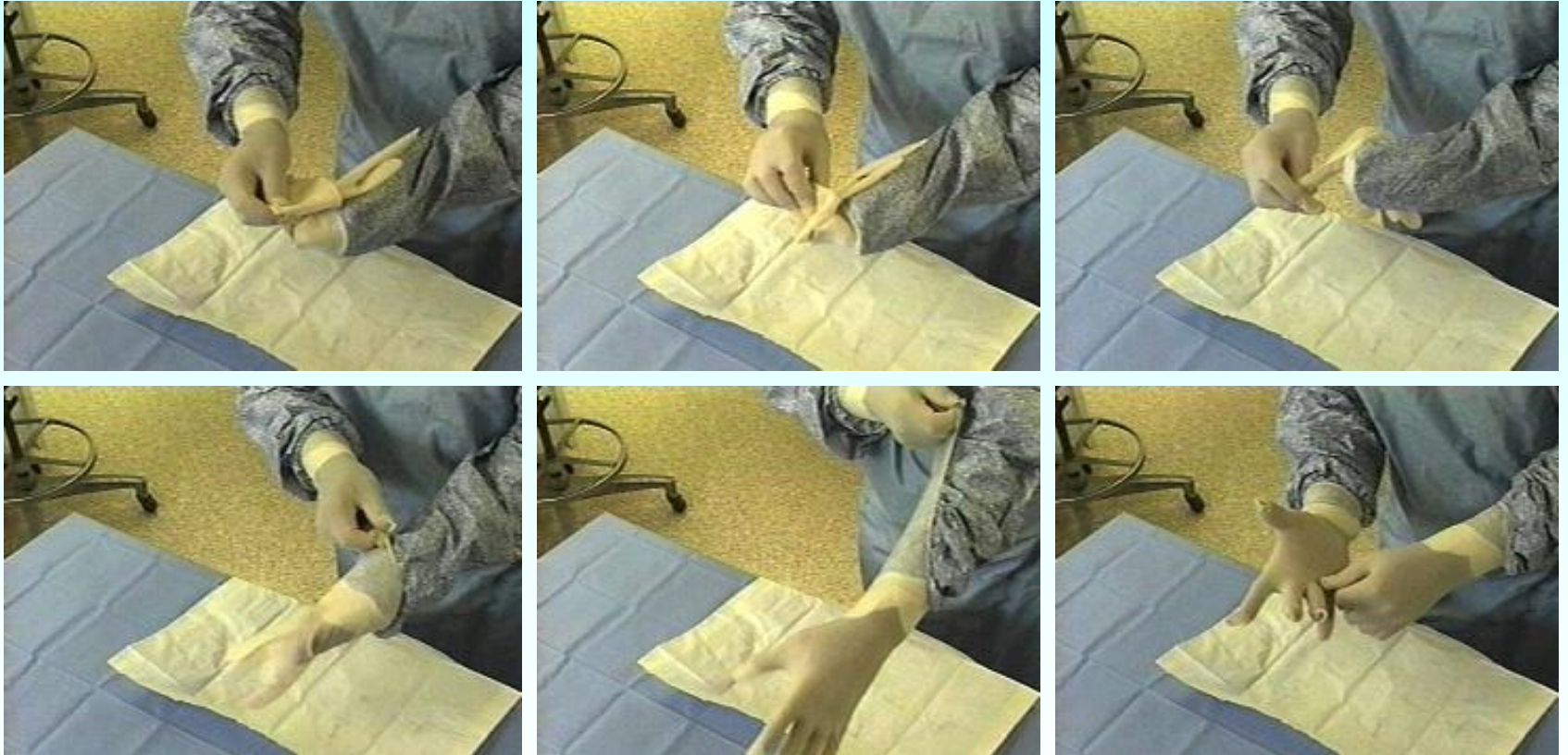
- Working through the gown sleeve, grasp the cuff of the glove and bring it over the open cuff of the sleeve.



- Unroll the glove cuff so that it covers the sleeve cuff.



- Proceed with the opposite hand, using the same technique.



- Now that both gloves are on, pull glove cuffs over gown sleeves and adjust gloves for comfort.

Once you have completed the scrub, hold both hands higher than elbows and away from surgical attire prior to gowning.



Thank you

