

MERCY HOSPITAL **SAME DAY SURGERY** **SCRUB CLASS**

This class has been developed to assist students assigned to the Operating Suites.

Objectives:

The participant will:

- 1) Learn aseptic technique as it pertains to the Operating Room setting.
- 2) Be able to perform a proper hand/arm scrub to join in surgical team at the field.
- 3) Learn to gown and glove themselves.
- 4) Learn proper protocol at the sterile field during a surgical procedure.

Standard Scrub

Objectives:

- 1) To make the hands and arms surgically clean
- 2) To prevent skin contaminants from causing an infection for the patient.

Procedure:

1. Take a brush from the box at the sink.
2. Open the package and use the nail file to clean under the nails.
3. Wet arms to the elbow and then wet the sponge side of the brush.

4. Place a small amount of soap of your choice on the sponge part of the brush.
5. Make lather, and lather up your arms using the sponge side of the brush.
6. Using the brush side, start with the palm of the hand, brush 10 strokes on the palm, and continue to back side of your hand.
7. Then start on the fingers, dividing each finger into 4 sides. Brush each finger 10 strokes per side.
8. Once finished with the fingers, advance half-way up the arm (approximately the mid point between wrist and the elbow), brushing each of the 4 sides with 10 strokes.
9. Continue up to the elbow.
10. Wet the brush and start on opposite arm, repeating steps 5 thru 9.

Triseptin (Brush-free scrub)

Procedure:

1. Clean under fingernails with a nail pick. Wet Hands and arms.
2. Dispense approximately ¼ ounce of TRISEPTIN into palm of hand by depressing foot pump.
3. Insert and twist fingertips of opposite hand into solution for several second. Transfer TRISEPTIN to opposite hand and repeat this step with fingertips of other hand.
4. Rub hands together, moving up the forearms slightly past the elbows. **Add water throughout wash to create additional lather.** Wash for 90 seconds.
5. Rinse thoroughly, and repeat steps 2 – 5. Stop below elbows on second application.

Gowning and Gloving

1. Once finished with the hand scrub, you open the Operating Room door with your back and come into the room.
2. Pick up a towel from the stack with your Right hand (making certain you do not drip on the back table or the other towels). Open towel lengthwise.
3. Begin to dry your Left hand, (using only the one half of your towel), starting with your fingers, then onto your palm, back of hand, and then continue up your arm to the elbow. Make sure to dry as thoroughly as you can so that it will be easier to put on your gloves.
4. Once you are finished drying your Left hand, place the dry half of your towel on your Right palm and **Repeat step 3.**
5. Place the used towel in the linen hamper or on top of the hamper.
6. Pick up a gown at the center fold and step away from the field.
7. Put your Left hand in the Left arm opening, Right hand the Right arm opening.
8. Allow the gown to unfold.
9. Get your arms down the sleeves as far as you can without having them be exposed beyond the cuff.
10. With your Left palm facing up, use you Right hand inside your sleeve and pick up your Left glove and flip the glove over the Left hand so that the fingers of the glove are pointing toward you, palm to palm.
11. Using your Left thumb and “pointer” finger, hold onto the lower glove cuff; with you Right hand still inside the cuff, use your Right thumb and “pointer”, pinch the upper cuff of the glove and pull it over you Left hand.
12. While pulling the glove down with your Right hand, push your Left hand into the glove so that your fingers will go into the corresponding finger openings.
13. Make adjustment with your glove as needed for comfort / fit.
14. Using your four fingers of your Left hand, place them inside the cuff of your Right glove.

15. With your Right hand still inside the cuff of your gown, push your hand through the opening of the gown and into your glove.
16. Make adjustments with your glove as needed for comfort / fit.

AT THE STERILE FIELD

- Remember your gown is sterile **ONLY** in the front, from shoulders to waist / sterile field level and sleeves from 2" above the elbow to the cuff. Once original gloves are on, the cuffs of the gown are considered contaminated.
- Never let your hands fall below your waist.
- The sterile table is sterile only to the edge of the table. The table cover below the edge is not considered sterile.
- If you need to change positions at the sterile field, you need to go back to back, (unsterile to unsterile), or front to front.
- Sterile hands may be placed only on the midriff of a sterile gown or on a sterile surface.
- If someone perceives you as contaminated ----**you are.** Don't argue.
- Sterile gloves can touch only sterile items.

UNIVERSAL PRECAUTIONS IN THE OR

DEFINITION:

Universal precautions are a combination of practices that minimize risk to healthcare workers from potential and known sources of contamination and are based on the presumption that all patients are considered to be equally infectious, whether confirmed as such or by possibility.

IMPLEMENTATION: The following practices should be observed by the OR personnel:



GLOVES should be worn for:

- + handling dressings from patients
- + handling case contaminated items from field
- + handling used containers of blood (suction, cell saver, etc.)
- + removing drapes from patient
- + handling trays/instruments before decontamination
- + disposing of rubbish bags
- + shaving of operative site



GOWNS should be worn for:

- * transferring patient with grossly infected wound/active bleeding to/from OR table
- * use only within OR room, and removed when leaving room
- * removing drapes from patient with infected wound



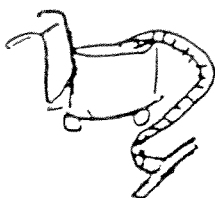
GLASSES should be worn for:

- * cases where there will be drilling and/or irrigation
- * all trauma cases
- * all cases where there is potential for splashing from body fluids (e.g., significant blood loss, accumulated fluid)
- * all cases where body cavities are entered
- * any case where potential risk is unknown



TABLE/EQUIPMENT SURFACES should be wiped with disinfectant:

- * after every case
- * when soiled with blood or organic matter



FLOORS should be cleaned with a disinfectant solution:

- * after every case (whether clean or soiled)
- * whenever blood spills occur
- * when soiled with body fluids



INSTRUMENTS

- * after use on a patient's body
- * whenever opened during a case

APPLIED STERILE TECHNIQUE

Handscrub A scrub is done to 2" above the elbows. It follows a stroke count of 20 strokes to each part of the skin, a time of 5 minutes for the first scrub of the day and 3 minutes for each subsequent scrub of the day, and an anatomical pattern that ensures total coverage. This pattern is:

- Hand: Nails first... palm from thumb to little finger (one finger at a time)... back of hand from thumb to little finger. Repeat with other hand.
- Arm: Divide into thirds...wrist... middle arm to elbow...elbow...using circular overlapping strokes (20 strokes paced to cover circumference of each third).

A SCRUB IS A ONE-WAY SCRUB...DO NOT RE-SCRUB A PART!

Hand drying The towel is opened crosswise. One end of the towel is used to dry the hand, the arm, the elbow. (Be careful the opposite sterile end of towel does not touch clothing. Bend over from waist, with arm extended, while drying.) Use opposite sterile end to dry the other hand and arm. Drop towel after drying second elbow!
A DRY IS A ONE-WAY DRY ... DO NOT RETURN TO THE HAND AFTER DRYING FOREARM AND ELBOW!

Gowning/
Gloving Closed gloving technique is used when initially gowning and gloving immediately after a scrub. The white cuffs of the gown must have a sterile edge, therefore, the hands remain covered inside the sleeves and do not protrude through the cuff until after the glove is on. When a gowned person is gloved by another sterile person, open gloving technique is used (i.e., hands exposed and cuff is on wrist).

Changing
Gloves Once the cuff is on the wrist, the cuff is no longer considered sterile (cuff edge touches skin and knitted cuff absorbs perspiration and skin organisms). When a contaminated glove is removed, the cuff cannot be pulled down over the hand for closed gloving, nor can the cuff touch the sterile outside of the new glove. Open-gloving technique is used to re-glove... skin-to-skin and glove-to-glove.

Sterile
Parameters A gown is considered sterile **ONLY in front**, from shoulders to waist/table level, plus the arms. It is not considered sterile in back or below the waist. A sterile table is sterile only to the edge of the table. The table cover below the edge is not considered sterile, as it may be touched by clothing of non-sterile persons passing near it. A sterile gown that touches the drape overhang is considered equally contaminated. (This is the reason the gown is not considered sterile below the waist/table level.)

Precautions Sterile gown and gloves must be protected from contamination by observing certain precautions:

(over)

GOWNING AND GLOVING BY CLOSED AND OPEN METHODS

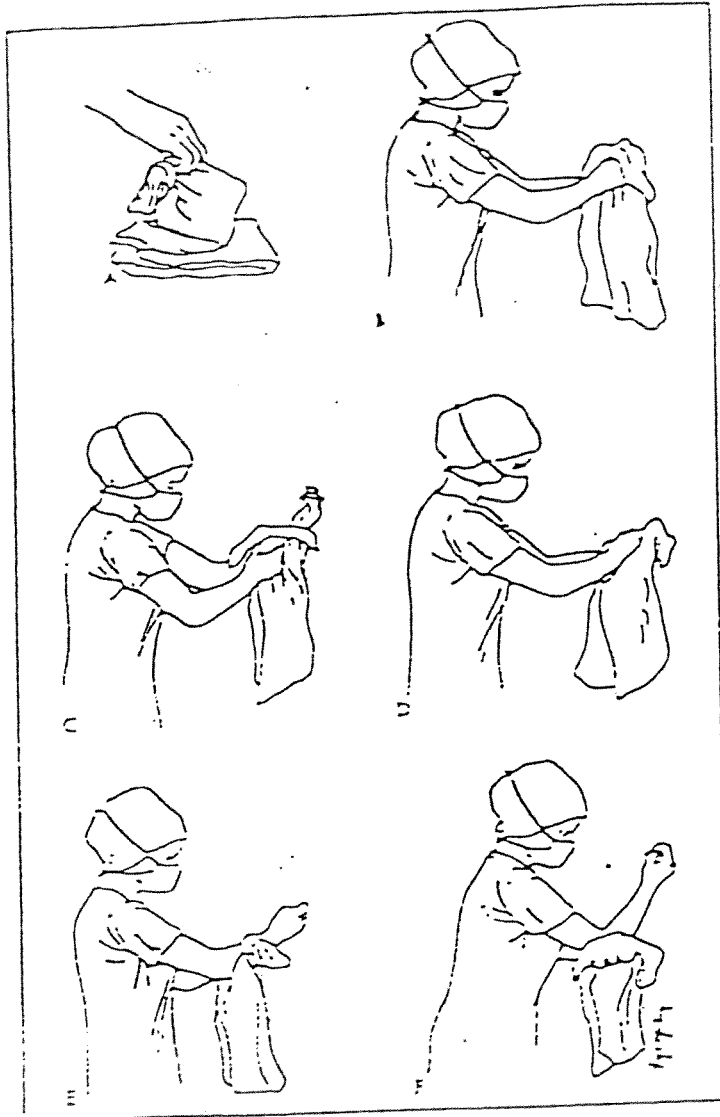


FIGURE 1

Drying the hands and arms.

- A. Pick up a sterile towel from the table, without dripping water on the folded gown.
- B. Using both hands, open the towel lengthwise.
- C. Use one end of the towel only, to blot one hand dry.
- D. Bend at waist to prevent towel touching scrub clothes and rotate one arm as you blot it dry to elbow.
- E. Reach for opposite end of towel with dry hand and blot the second hand dry, rotating up arm to elbow.
- F. Discard towel into kick bucket or hamper without re-touching any part of the towel.

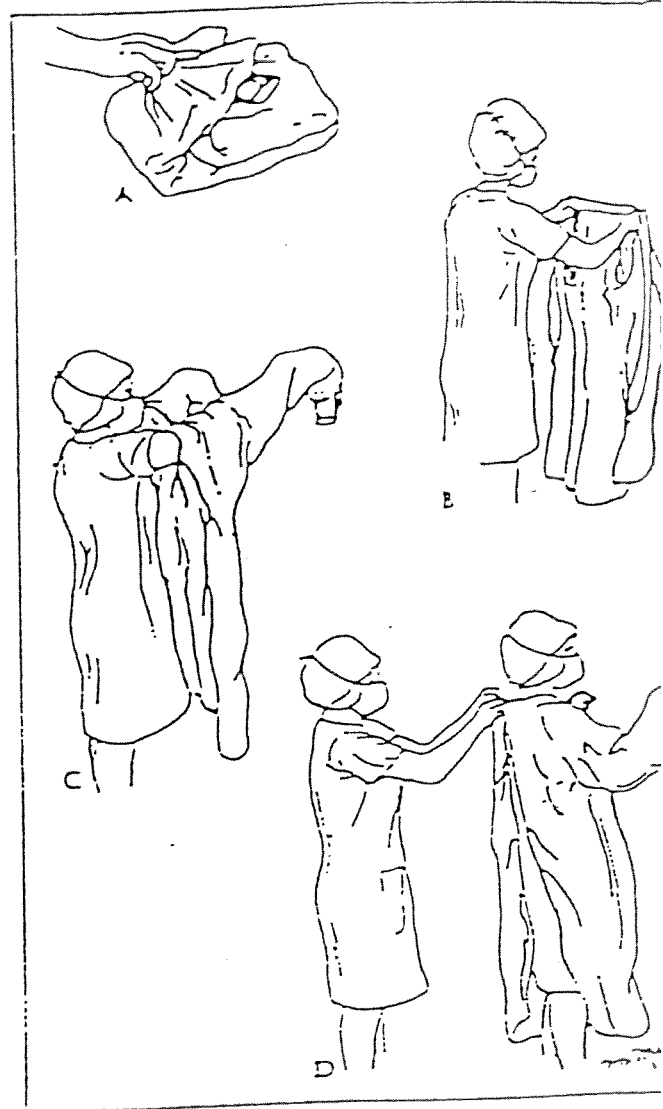


FIGURE 2

Technique for gowning oneself.

- A. Grasp the gown (that is folded inside out) firmly and bring it away from the table.
- B. Hold the gown at the shoulders and let it fall open. Do not shake the gown.
- C. Place hands inside the armholes and push each hand through the sleeve by raising and spreading arms. Do not let hands exit the cuffs; keep hands inside the sleeve.
- D. The circulator will pull the gown over the shoulders and tie it in back, then will hold the cord attached to the belt to "swing the belt" to close the back.

CLOSED GLOVING

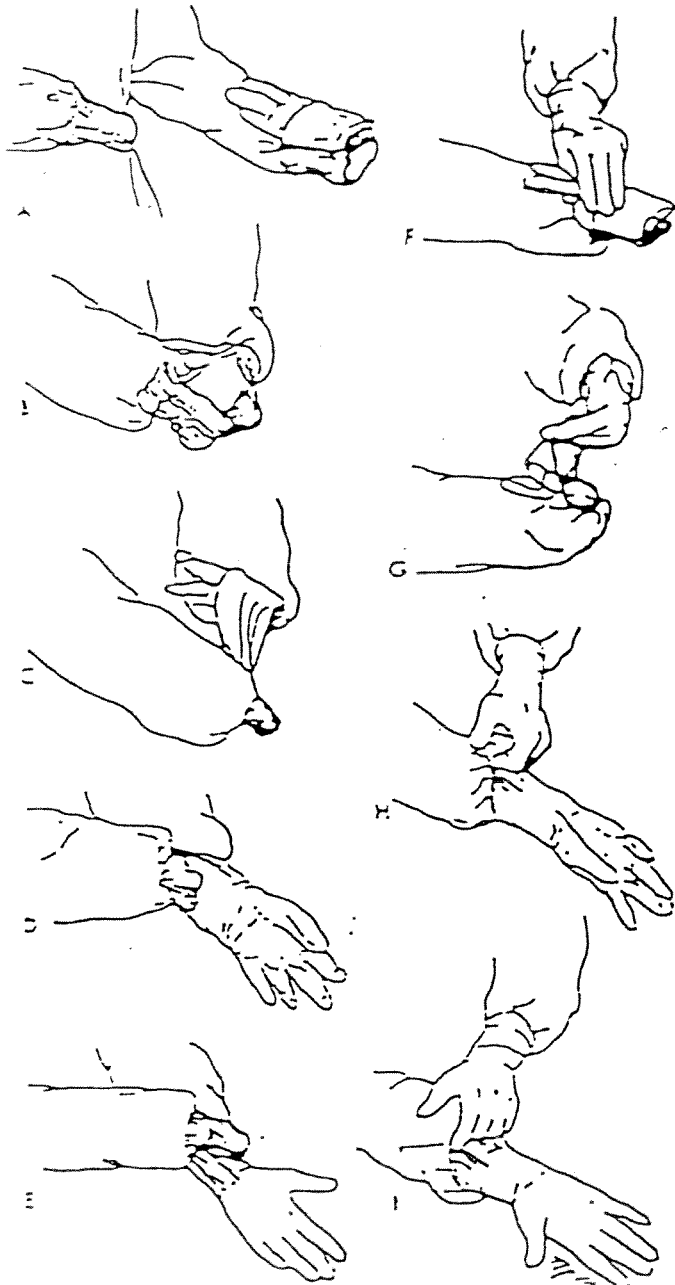


FIGURE 3.

Gloving Self - Closed Technique

- A. Use covered hand to lay the glove palm down over the cuff of the gown, with fingers pointing toward self.
- B-C. With covered hand (inside sleeve), grasp the cuff of the glove and bring it over the open cuff and hook it over the knuckles.
- D. Open the fingers to "poke through" while unrolling the glove cuff so that it covers the sleeve cuff.
- E. Grasp glove cuff and sleeve at wrist together and pull glove on, working fingers into the glove fingers.
- F-I. Repeat process for second hand, using the gloved hand.

OPEN GLOVING

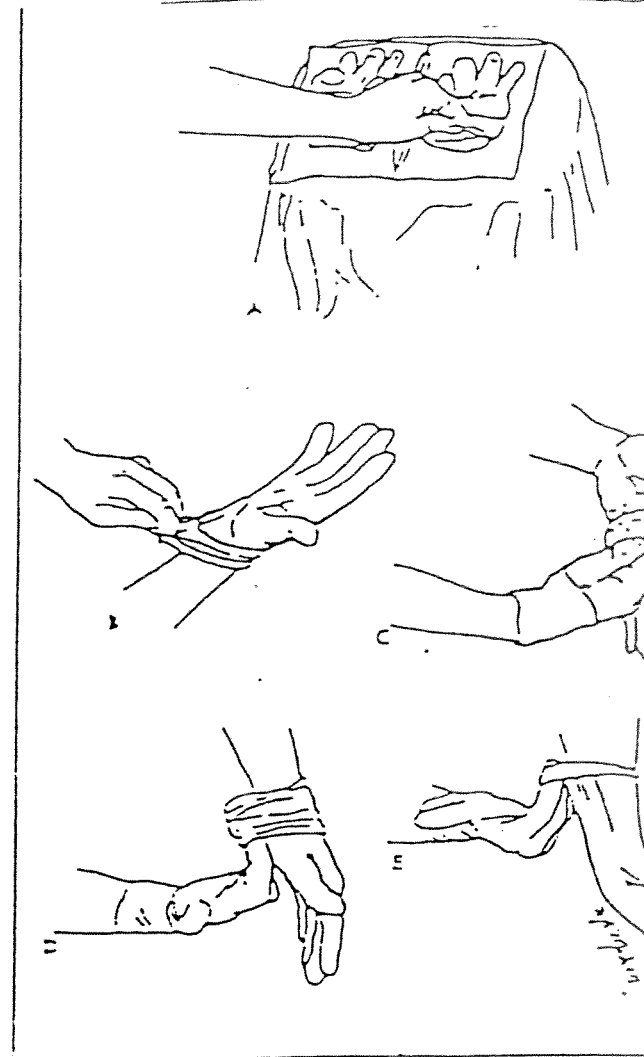


FIGURE 4.

Gloving Self - Open Technique

- A. Pick up the glove by its inside cuff with one hand while being careful not to touch the wrapper.
- B. Slide the glove onto the opposite hand, working fingers into place but leaving cuff still folded.
- C. Using the partially gloved hand, slide the sterile fingers under the cuffed edge of the other glove.
- D. Slide the hand into the glove and unroll the cuff carefully without touching bare skin.
- E. With the gloved hand, slide sterile fingers under opposite (first) cuff and unroll it to cover hand.

OPENING STERILE ITEMS

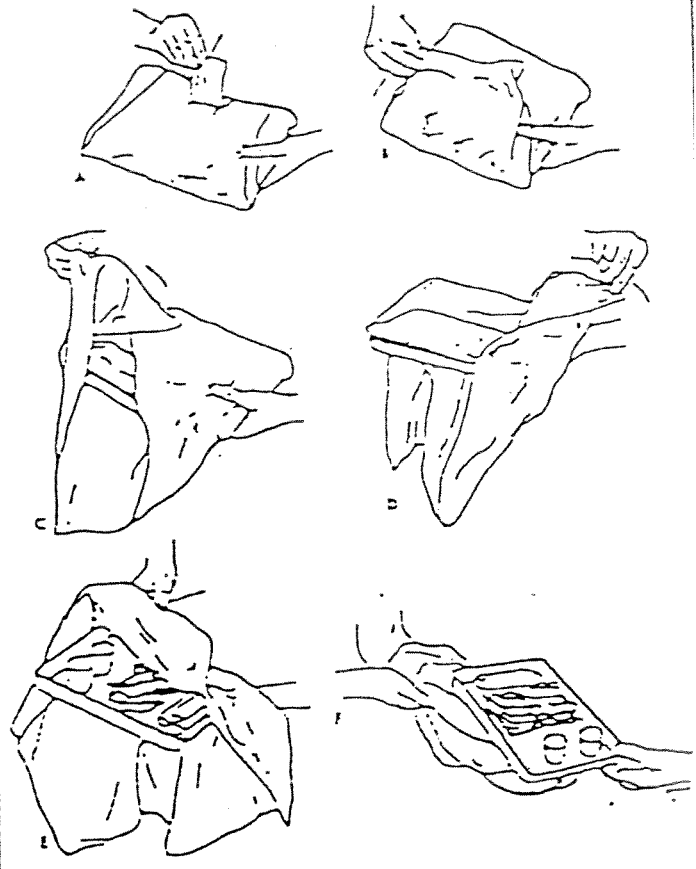
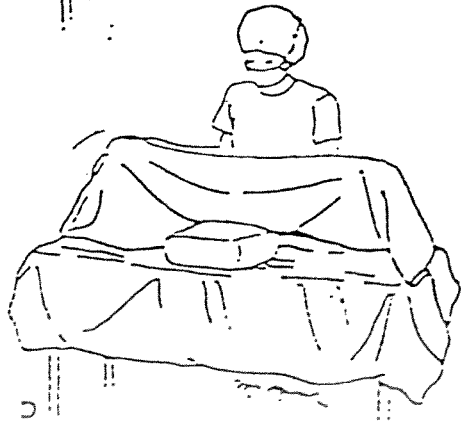
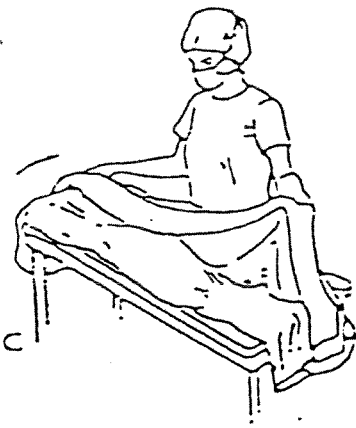
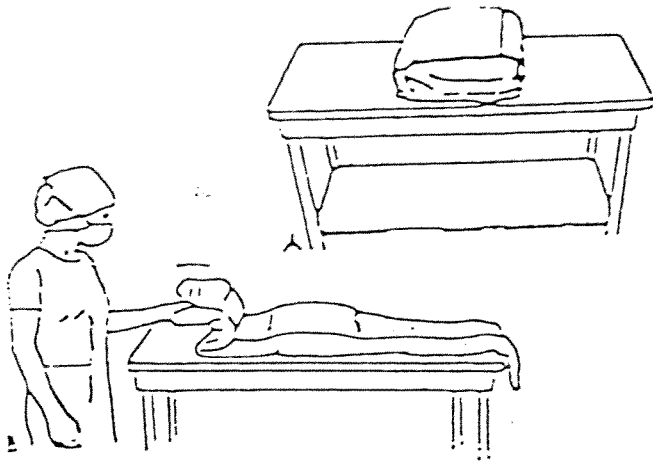


FIGURE 8.

Opening Small Packs

Small packages are opened by grasping the corners of the wrapper and bringing them back over the hands, as shown.

FIGURE 7.

Unwrapping a Sterile Linen Pack.

- A. The wrapped linen pack is placed in the center of the back table.
- B. Each wrapper layer is pulled toward the person opening it, so that the unsterile hands and arms do not extend over the sterile area.
- C. Handle on the edge of the wrapper, with fingers under the folded cuff of the wrapper.
- D. Move to the opposite side of the table and follow the same procedure (pulling the wrapper toward yourself).