

Providence Regional Medical Center Everett (PRMCE)

Donning a Gown & Gloves

Surgical Hand Scrub

The following are excerpts from employed caregiver policy provided to students and learners for onboarding compliance

Why is proper donning and doffing and surgical hand scrubbing important?

As part of your onsite rotation with us an PRMCE, we have a goal of Zero Preventable Harm to our patients and caregivers. This training provides you with the basic education to keep both yourself and patients safe.

- It is in accordance with our policies. You can view the Sharp Safety & Neutral Zone policy [HERE](#)
- After reviewing this training, you will be able to:
 1. Demonstrate ability to don a surgical gown.
 2. Demonstrate ability to don sterile surgical gloves
 3. Demonstrate ability to turn the gown.
 4. Demonstrate a surgical hand scrub following principles of aseptic technique. If you have further questions regarding these techniques, please speak with your preceptor prior to entering a sterile area
- If you have further questions regarding these techniques, please speak with your preceptor prior to entering a sterile area

Donning a Gown and Gloves

Skill Focus: Donning a surgical gown and gloves using aseptic technique.

Objective:

1. Demonstrate ability to don a surgical gown.
2. Demonstrate ability to don sterile surgical gloves
3. Demonstrate ability to turn the gown.

Donning a Gown:

1. Approach the sterile field with caution.
2. Grasp the gown at the center near the neck without touching the gloves or the wrapper.
3. Lift the gown from the wrapper and step back with the gown still folded.
4. Hold the inside of the gown near the shoulders and allow the gown to unfold.
5. Begin donning the gown by slipping the hands and arms into the sleeves.
6. Slide the gown over the arms using a "swimming" motion.
7. Keep the hands within the cuff of the gown.
8. Flex the elbows to hold the gown in place.
9. Allow the circulator to assist with the final gown adjustments and secure the neck and back of gown.

Closed Gloving:

1. Approach the sterile field with caution.
2. Secure the first glove, keeping the fingers within the cuff of the gown.
3. Align the glove on the palm of the hand that will be gloved first with the thumb side of the glove toward your palm and the fingertips toward the elbow.
4. Pull the cuff of the glove over the cuff of the gown.
5. Unfold the cuff of the glove to completely cover the cuff of the gown.
6. Grasp the glove and the gown at the wrist level.
7. Work the fingers into the glove as the glove is pulled into position.
8. Secure the second glove and apply using the same technique.
9. Double glove.

Turning the Gown:

1. Remain facing the sterile field.
2. Secure the tag in the right hand and the gown tie in the left hand and separate.
3. Hold the tag in such a way that the circulator has space to grasp the tag.
4. Pass the tag to the circulator at the right side.
5. The circulator will move around to the left side.
6. Transfer the gown tie from the left to the right hand.
7. Receive the gown tie from the circulator at the left side.
8. The circulator retains and discards the tab.
9. Secure both gown ties.

Surgical Hand Scrubbing

Skill Focus: Surgical Hand Scrub

Objective:

1. Demonstrate a surgical hand scrub following principles of aseptic technique.

1. Proper attire. Scrub top tucked into scrub pants and if necessary, sleeve tops slightly rolled up.
2. All jewelry removed from hands, including watches and wedding rings.
3. Inspect integrity of hands and arms for cuts or infections.
4. Inspect fingernails and cuticles. No artificial nails or polish.
5. Open brush packet and place in convenient location.
6. Turn on the faucet (adjust temp) and wet hands and arms.
7. Apply antiseptic soap lather from fingertips to 2" above elbows. (basic hand wash)
8. Clean nails (subungual and around cuticle) with nail cleaner under running water. Discard nail cleaner.
9. Rinse hands and arms moving forward from fingertips to 2" above elbow.

10. Keep hands above elbows and elbows bent to allow water to run off elbows.
11. Using fingers, grab scrub brush without touch outside edge of packaging.
12. Begin scrubbing firsthand starting at fingertips, focusing on nails and cuticles.
13. Scrub each finger by dividing it into four planes.
14. Scrub each web space as a separate plane. Add antiseptic soap if necessary.
15. Scrub four planes of hand.
16. Divide arm into three sections and four planes scrubbing with circular motions. (bottom, middle, elbow)
17. Scrub 2" above elbow.
18. Transfer scrub brush to other hand and repeat process with opposite hand.

19. Discard brush.

20. Rinse hands and arms moving forward from fingertips to 2" above elbow one arm at a time.

21. Turn off water.

22. Keep hands above elbows and elbows bent to allow water to run off elbows.

23. Proceed to OR, using your back to open door, not touching anything.

24. Prepare to surface where gown and gloves are open and sterile.