

CEDARS-SINAI MEDICAL CENTER
O.R./ANESTHESIA/SURGERY CENTER SERVICES
OPERATING ROOM

GUIDELINES: GOWNING AND GLOVING

EFFECTIVE: **May, 2008**

Prev. Issued: **N/A**

I. Purpose:

To provide standardized guidelines so that nursing personnel will be cognizant of and participate in those parameters which contribute to an environment which protects and supports patients, visitors and nursing personnel from environmental hazards.

To maintain a sterile field by covering areas of the body and clothing with a sterile bacterial barrier, for the protection of the patient and the healthcare personnel. To provide a bacterial barrier over the hands, thus allowing contact with sterile items and protection from contaminants during the procedure.

1. A sterile gown and sterile gloves will be donned by the members of the surgical team functioning within the established sterile field for all invasive surgical procedures
 - a. Sterile gloves will be donned by O.R. Services staff prior to performing a back table set-up for cystoscopy and for a D&C. Sterile gown will be donned for set-up at the nurses discretion.
2. Disposable gowns and gloves are used only once and are disposed of after use following the appropriate waste policy. (Refer to Infection Control Manual Policy Regulated Waste, Management and Disposal or Non-Regulated Waste, Management and Disposal) Reusable gowns will be discarded in the yellow bag for linen after use.
3. The closed glove method of glove donning will be used for an unassisted gowning procedure. The open glove method of glove donning will be selected for changing contaminated glove(s) during a procedure. The open glove method will be used to set up a table for a clean procedure, i.e., cystoscopy.

III. Procedure:

Self Gowning/Gloving (or unassisted gowning and gloving)

1. Open packaged sterile gown on a separate table, usually a prep stand or empty mayo stand, so that the inside of the gown wrapper becomes a sterile field. Open the glove wrapper "flipping" the contents containing the sterile gloves as close to the gown (but not on top of the gown) as possible within the established sterile field. (Rationale: to preserve the sterility of the sterile field, preventing accidental contamination of the field during the process of self gowning and gloving).
2. Perform selected surgical hand scrub procedure as outlined in O.R. Services Guidelines: Surgical Hand Scrub Procedure.
3. Enter procedure room holding hands and arms away from body, keeping hands and arms within a visible area.

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4. Approach the table where the gown and gloves have been prepared, pick up the sterile towel touching only the sterile towel, and step back from the table. Allow the towel to fall open.
5. Dry hands, take care not to touch clothing with the towel during the process.
6. Grasp the prefolded sterile gown by the neckline with both hands and step back from the table into an unobstructed area.
7. Holding the folded gown with the inside toward you, locate the neckline of the gown, allow the gown to unfold in front of you.
8. Holding the unfolded gown at shoulder level, push both hands and arms into the sleeves simultaneously.

(Note: If closed gloving method is planned, do not extend the hands beyond the stockinett cuffs).

9. Select appropriate method of donning sterile gloves: Don sterile gloves using the closed-glove method.
 - a. Using the stockinette cuff of the gown as a "mitten", open the wrapper containing the gloves.
 - b. Extend the right forearm with palm upward. Place the palm of the glove against the palm of the protected hand thumb-to-thumb with fingers pointing toward the elbow.

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- c. Securely hold the cuff of the glove, and with the other protected hand, stretch the glove cuff over the end of the right sleeve and hand. Pull the glove over the extended fingers until it completely covers the stockinette cuff.
- d. Using the gloved hand, pick up the other glove from the package and repeat steps b. and c.

Don sterile gloves using the open-glove method.

- a. Open glove packet using the outside flaps.
 - b. Lift the left glove up from the wrapper by the edge of the cuff, using the thumb and index finger of the right hand.
 - c. Slide the glove over the left hand, holding the cuff, and adjust each finger into its own slot.
 - d. Invert the gloved hand so that gloved fingers are touching the sterile glove and lift it off the wrapper.
 - e. Slide ungloved hand into glove and adjust fingers.
10. Hand the gown tab from the front of the disposable gown to an unsterile person (or a member of the scrubbed surgical team already gowned and gloved) to assist with "turning" the gown and closing the back flap. For reusable gowns, this activity can be accomplished with the assistance of another member of the scrubbed surgical team after gowning and gloving procedure is performed, or by attaching an instrument or cover over the tie to assure the maintenance of sterility during the "turning" process.

(Note: It is not recommended to perform this activity without assistance when considering the importance of maintaining the integrity of the sterile field).

B. Gowning and Gloving another team member (assisted gowning/gloving)

- 1. Assist team member by providing sterile drying towel, laying it across the palm of the team member to be gowned.
- 2. Unfold the sterile gown with the inside of the gown facing the wearer.
- 3. Keeping gloved hands covered by the outside gown shoulders, place the gown on the arms of the wearer.
- 4. Use the open-glove method to glove the team member. Pick up the right

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glove, grasping it firmly, with fingers under the everted cuff, and present it so that the thumb and palm are facing the wearer. Present the left glove in the same manner.

5. Offer a damp towel to remove the powder from the gloves, and discard the towel after use.

C. Changing contaminated glove(s) during a procedure

1. Self

- a. Hold contaminated glove(s) away from field. A non-sterile person wearing disposable gloves grasps the outside of the glove at the palm, while the scrubbed person maintains the stockinett cuff at the wrist.
- b. Use the open-glove method when reapplying sterile replacement glove. Wipe off glove with a damp towel and discard towel.

2. Team member

- a. Hold contaminated glove(s) away from field. A non-sterile person wearing disposable gloves grasps the outside of the glove at the palm, while the scrubbed person maintains the stockinett cuff at the wrist.
- b. Using the open-glove method, follow the procedure for gloving another team member

D. Removing soiled gown and gloves

1. Gowns are removed first so that contaminated areas are folded inward as the gown is removed.
2. Dispose of gown in the appropriate receptacle (disposable = red or clear bag; reusable = yellow bag).
3. Remove first glove using glove-to-glove technique.
 - a. Gloves are removed by taking the outer edge of one glove with the other gloved hand and pulling glove off.
4. Remove second glove using skin-to-skin technique.

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- a. With ungloved hand, slip fingers inside cuff edge and pull off glove inside out to protect skin from touching contaminated outside of glove.
5. Dispose of gloves in appropriate receptacle (red or clear).
6. Perform general hand washing.

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References:

AORN Standards and Recommended Practices
Alexander's Care of the Patient in Surgery