

SUBJECT: SURGICAL SCRUB TECHNIQUE

PURPOSE: To define the method of cleaning hands and forearms to decrease count of microorganisms before donning gown and gloves for a surgical procedure.

SCOPE: Operating Room Nurses, Scrub Technicians

GUIDELINE:

- A) One of the following techniques will be used for standardized, surgical hand scrub procedure for initial hand scrub of shift.
- 1) A traditional surgical “wet scrub” with a soft non-abrasive sponge or brush. Initial scrub is a 3-5 minute scrub, visualizing each finger, hand and arm as having four sides.
 - (a) Moisten hands and arms.
 - (b) Clean under the nails with nail cleaner under running water.
 - (c) Apply antimicrobial agent to wet hands and forearms.
 - (d) Scrub nails, fingers , hand and then arm on one side.
 - (e) Wash all four sides effectively keeping the hand elevated.
 - (f) Repeat this process for opposite fingers, hand and arm.
 - (g) Rinse thoroughly keeping hands above arms and away from the body.
 - 2) Alcohol-based antiseptic surgical hand rub
 - (a) Wash hands and arms, **every time**, with soap and running water for at least 15 seconds immediately before beginning the antiseptic surgical hand rub. Clean under nails with nail cleaner under running water. Rinse hands and arms. Dry hands and arms thoroughly.
 - (b) Dispense one pump (2 milliliters (ml)) into the palm of one hand.
 - (c) Dip the fingertips of the opposite hand into the lotion and work it under the nails.
 - (d) Spread the remaining lotion over the hand and up to just above the elbows.
 - (e) Using another one pump (2ml.), repeat with other hand and arm
 - (f) Dispense one pump (2ml.) into either hand and reapply to all aspects of both hands up to the wrist.
 - (g) Allow to dry before donning gloves.
- B) Subsequent Surgical Hand Scrubs must follow one of the procedures listed above.