

<b>Section Title:</b> Infection Control Department of Perioperative Services (POS)		<b>Pages:</b> 1 of 4
<b>Subject:</b> Surgical Hand Scrub/Antisepsis	<b>Dept:</b> OR	<b>Policy:</b> F.5

**Purpose:** To remove soil, skin oil, transient/residual microbes from the hands and forearms; to help prevent the possibility of contamination of the operative wound by bacteria and prevent cross-infections. 2

**Policy:**

1. Definition: There are two types of surgical scrubs:
  - a. Complete: Five (5) minutes for all scrubbed personnel
  - b. Short: Completed by all members of team for three (3) minutes. Completed at the beginning of the shift, before beginning daily duties and prior to setting up for D&Cs and T&As. Short scrubs may be used by scrub personnel (who routinely scrub for cases) for cases that occur after initial five (5) minute scrub.
2. Disposable scrub brushes or sponges containing chlorhexidine gluconate or povidone-iodine are provided as scrubbing agents, unless allergies are noted. Soap dispensers are also available. All solutions/scrub soaps are approved by the Infection Control Committee. 2
3. For individuals with skin sensitivities to the above soaps solutions, parachloro-metaxylenol (PCMX) is available for use and available at each scrub sink. If sensitive to this solution, the person may use a nonmedicated soap, followed by an alcohol-based cleanser. 2
4. For non-scrubbed personnel, an alcohol-based hand-scrub solution may be used after an initial hand scrub is completed. Following the initial hand scrub and nail cleansing, the hands and arms are dried and the hand-scrub solution is applied. This technique may be used between cases, if no obvious skin soiling is noted. 1
5. Fingernails must be free of polish/enamel and of medium length. Hands are inspected for cuts and skin problems.
6. No jewelry is permitted on the hands and arms while a member of the scrubbed surgical team.
7. All personnel should be appropriately attired as defined by policy. See “Surgical Attire” procedure for reference.
8. The Infection Control committee reviews this procedure annually. Any new scrub agent is approved through this committee.

**Equipment/Supplies:**

Scrub Brush/Sponge  
 Hood/Hat  
 Mask/Protective Eyewear  
 Soap Dispensers  
 Alcohol-based hand scrub solutions

**Location:**

Scrub Sink  
 OR Entrance/Locker Room  
 Scrub Sink  
 Scrub Sink  
 Scrub Sink

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**Procedure:**

**Rationale:**

Preparation:

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| <ol style="list-style-type: none"> <li>1. Place sterile gown on Mayo stand and keep edges of the towel at the front edge of the Mayo stand.</li> <li>2. Place sterile gloves on top of the gown.</li> <li>3. Adjust hood/hat, mask and protective eyewear.</li> <li>4. Check to see that the sleeves of the scrub top are clear of the scrubbing area of the arm.</li> </ol> | <ol style="list-style-type: none"> <li>1. Towel can be grasped without dripping water on the Mayo stand.</li> <li>2. Gloves will fall on sterile wrapper when gown is picked up.</li> <li>3. Mask, hat and eyewear must be in place prior to scrub.</li> <li>4. Sleeve cuffs close to the elbow will contaminate hands when scrubbing. 3</li> </ol> |
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Five Minute Scrub-Initial Scrub of Day

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| <ol style="list-style-type: none"> <li>1. Wet hands and forearms. Using the foot control dispense a few drops of the anti-microbial soap into the palms of hands.</li> <li>2. Add small amounts of water and make a lather.</li> <li>3. Wash the hands and forearms to approximately three (3) inches above the elbow. Rinse.</li> <li>4. Take pre-packages scrub brush/sponge, open package, remove the brush/sponge and nail cleaner; discard package.</li> <li>5. Hold the brush/sponge in one hand while cleaning the nails with the other hand. 2</li> </ol> | <ol style="list-style-type: none"> <li>1. A short, pre-scrub wash loosens surface debris and transient microorganisms. 2</li> <li>2. Pre-wetting reduces the incidence of skin reactions.</li> <li>3. Wet the complete arm in preparation for full scrub. Removes surface soil.</li> <li>4. Place discarded package in proper trash receptacle. 2</li> <li>5. Cleaning nails under running water assists in removing debris.</li> </ol> |
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| <p>6. Clean the subungual spaces with the nail cleaner, working the lather under the nail rims and rinsing under running water.</p> <p>7. Rinse hands and arms thoroughly.</p> <p>8. Moisten brush/sponge and begin to scrub. Apply antimicrobial soap if brush/sponge does not contain soap. Start at the fingertips and nails. 2</p> <p>9. Scrub all sides of each digit, including web spaces between fingers. 1</p> <p>10. Then scrub the palm and back of the hand using a circular motion. 3</p> <p>11. Repeat steps 9 and 10 for the second hand; each hand will be scrubbed for one (1) minute. 3</p> <p>12. Scrub the arm on all sides up to and including the elbow and antecubital spaces, to a level of three (3) inches above the elbow:</p> <p style="margin-left: 20px;">a. Scrub each lower forearm for 30 seconds.</p> <p style="margin-left: 20px;">b. Scrub each upper forearm for 30 seconds.</p> <p style="margin-left: 20px;">c. Scrub each elbow to at least three (3) inches above the joint for 30 seconds. 3</p> <p>13. The hands are held above the level of the elbows while scrubbing. Hands and arms are held away from the body.</p> <p>14. Small amounts of water and/or soap are added to brush/sponge during the scrub to develop and keep suds.</p> <p>15. The brush is discarded in waste basket after scrub.</p> | <p>6. Dirt may collect under the nail as well as around cuticles. 1</p> <p>7. Removes debris and microbes from initial washing.</p> <p>8. Microbes are removed by both physical motion and by use of anti-microbial solution. 1</p> <p>9. A counted brush stroke method may be used in place of the timed method.</p> <p>10. Assures sufficient exposure of all skin surfaces.</p> <p>11. Individual attention to details assures that all surfaces are exposed to friction and soap.</p> <p>12. Several studies show that shorter scrub time provides less skin trauma, less water use and OR time savings. 1</p> <p>13. Water flows from cleanest area to less clean area.</p> <p>14. Avoid splashing soap or water on scrub attire. Breakthrough of sterile gown may occur. 2</p> <p>15. Keeps scrub area clean.</p> |
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16. Rinse hands and arms from the fingertips to above the elbows.

16. **Never** rinse back and forth or from the elbows to fingers. This brings down water over scrubbed area.

17. Proceed to gowning/gloving area holding arms bent at the elbow, upright and away from the body.

17. Keeps water from running towards hands.

### Drying

1. Grasp the folded towel near the border and step back from the Mayo stand.

1. Keep clear of the Mayo stand to prevent contaminating hands and towel.

2. Extend arms and open towel out to full length and width. 2

2. Be sure not to drag towel over equipment in the area.

3. One half of the towel is used to blot dry one hand; a circular motion is used to dry forearm up to elbow. 2

3. Facilitates maximum use of towel.

4. Using opposite end of the towel, repeat the procedure.

4. Prevents portion of the towel used on upper arm to be used on second arm.

5. Discard towel in waste basket and proceed with gowning.

5. Do **NOT** throw towel across room to trash receptacle.

### Short Scrub

1. Follow the five (5) minute scrub, except each arm is scrubbed for a total of 1.5 minutes. The RN Circulator uses this scrub at the beginning of the shift.

1. Used at the beginning of each shift or before beginning duties. also used between breaks and lunches.

### **References:**

1. Association of periOperative Registered Nurses. (AORN). (2009). Recommended Practices for Surgical Hand Antisepsis/Hand Scrubs. In *Perioperative Standards and Recommended Practices*. Denver: AORN, Inc.
2. Fogg, D.M. (2003). Infection Prevention and Control. In J.C. Rothrock (Ed.), *Alexander's Care of the Patient in Surgery*. (12<sup>th</sup> ed., pp. 97-158.) St.Louis: Mosby

