

## Safety/ Asepsis

Need to bring: gown, mask, non-sterile & sterile gloves, and 2x2.

Do NOT break gowns, reuse gloves as much as possible, large & small gloves will be switched out.

- **Handwashing** (Procedure 29-1)
  - use glo-light
    - put drop on hands and rub in with finger nails.
    - Hand wash
    - Show hands under light in dark room. Orange glow is where handwashing was missed.
  
- **Isolation** (know how to take VS information, blood sugars, & dirty laundry out) (29-2)
  - don on in any order: gown, gloves, mask
    - gown must be tied (in back or front)
    - mask: wire bent over nose, top tie @ 2 o'clock (or above pony tail), bottom tie must be pulled taught and tied at nape of neck, pull mask below chin
    - gloves: must be over gown
  - take off: (untie gown if tied gown in front 1<sup>st</sup>)
    - gloves: glove to glove, pull off & ball up in 1 hand, opposite hand slide 1-2 fingers underneath and turn glove inside out
    - untie order: may use 1 handed method to avoid contamination (opposite hand used to take off 2<sup>nd</sup> glove)
      - mask: untie neck (to avoid mask from flopping over on scrubs), then top of head or pull off head
      - gown: neck, waist
    - gown removal: at sleeve, finger under gown and remove arm into sleeve. Then gown to gown & remove other arm. With arms extended (away from body) forward roll gown down inside out.
    - Wash hands:
      - In pts bathroom using proper technique
      - If no bathroom available or dirty: use hand cleaner dispenser & wash hands with soap & water outside room.
  - Questions to ask
    - How to take equipment out of room & clean . (VS, glucose meter, dirty linen, & trash).
      - Leave inside room within arms reach @ door (table or footrest) off of floor.

- After leaving room & washing hands, don on clean gloves, use disinfectant wipes to wipe down equipment & then may take out of room.
  - Have another person stand outside room with clean gloves on, holding the linen/trash bag open with hand underneath a wide cuff. Person inside room open bag and place contents inside. Person outside of room close bag & dispose of properly. Removes gloves & washes hands
- When can you put your hand in your pockets: NEVER, unless 1<sup>st</sup> entering room & did not touch anything.
- **Jacket & wrist restraints** (any tie is okay as long as it's secure & is a 1 hand untie) (30-3). Lab ties may not hold tight because they maybe worn out.
  - Where to tie to bed
  - What to check for every 2 hours:
    - Circulation: ROM, pulse, capillary refill, temperature
  - Wrist: must fit 2 fingers underneath strap
- **Sterile gloves** (on & off) (Procedure 29-4)
  - Know Principles & Practice of surgical asepsis (Table 29-8) p. 655-656
  - 1<sup>st</sup> glove touch inside only, 2<sup>nd</sup> glove touch outside only with sterile glove
  - May use sterile glove package as sterile field if did not contaminate while putting gloves on.
  - How to dispose of sterile glove package properly
  - Do not lower sterile hands below waist or touch gown
  - Be careful not to let the 2<sup>nd</sup> glove roll on back of hand
- **Sterile field & drop 2x2 on it** (hold 6 inches above & drop) (29-3). Go over their principles while practicing.
  - Clean table with disinfectant, wash hands
  - Check packaging: expiration, not damaged, dirty, or wet
  - Opening package: touch only outside (clean side) only when opening; start 1<sup>st</sup> by opening away, right (with right hand), left (with left hand), toward you last.
  - Know principles:
    - Anything hanging off side is considered contaminated, 1" margin is on top of table & on sterile field. Which way can drape move
    - Drop 2X2/bottle 6 inches above field and allow contents to drop on field

Optional videos: Safety & rest (2002):

Medical asepsis #10 or Principles of infection control (#48B)

Bed Bath #3 (1993)

Standards for Infection (#47A)