

## Medical and Surgical Asepsis

- its contain:

- 1) Medical hand washing
  - 2) Surgical hand washing
  - 3) Donning and removal sterile gloves
  - 4) Gown wearing
  - 5) face mask
- .....

### (1) Medical hand washing :

(It takes 15-30sec)

#### Purposes :

- a) to reduce the number of microorganisms on the hand.
- b) to reduce the risk of transmission of microorganism to the client .
- c) to remove or eliminate visible or invisible soiling on the hand .

#### Assessment :

- a) Inspect the surface of hand if there is any cuts or breaks in the cuticles .
- b) Inspect hand for visible soiling .
- c) Assess the condition of nails .. it must be short and smooth .
- d) Assess any accessories ( ring , wristwatch ) that must be removed before hand washing .

#### Equipment :

- 1) sink with warm running water
- 2) soap
- 3) paper towel
- 4) antiseptic solution
- 5) nail cleaner ( optional )

### **Implementation :**

- 1) remove your wristwatch / ring and raise your sleeves above the wrist .
- 2) stand front of the sink and keep your hand and uniform away from the sink .
- 3) open the tap depending on its type ( there is hand or knee tap ) .
- 4) regulate the flow and temperature of water ( warm water remove less of protective hand oils than hot water ) .
- 5) avoid any splashing to your clothes .
- 6) wet your hand and wrist completely under the water ..

**Critical point :** keep your hand in the lower level than elbow .

- 7) put a small amount of soap on your hand and start lathering of foam completely .
- 8) Interlace between your fingers .. rub dorsum and palm of your hand in circular motion at least 5 times to each area and each finger .
- 9) keep heads of your fingers at the lowest side to facilitate removal of microorganisms .
- 10) use the nail cleaner to clean your nails ( optional ) .
- 11) Rinse your hands and wrists completely and don't forget to keep your hand in the lower level than elbow .
- 12) dry your hands from the fingers to the wrist ( from less contaminated to more contaminated ) by using paper towel or specific towel .
- 13) turn off the tape using clean paper towel or your knee .
- 14) use antiseptic solution to sterile your hand .

## **(2) Surgical hand washing : ( it takes 3-5minute )**

**\_ the purpose and the assessment are the same .**

### **Equipments :**

- 1) deep sink    2) antimicrobial agent ( iodine )**
- 3) sterile towel with sterile package .**
- 4) surgical scrub , brush      5) nail cleaner**

### **Implementation :**

**- before perform surgical hand washing you have to wear :**

**the head cap , eye mask , mouth mask .**

- 1) open the sterile package .. critical point : don't make cross above the sterile package because the crossing break the sterility.**
- 2) expose the hand to the elbow .**
- 3) stand front of the sink and keep your hand and uniform away from the sink .**
- 4) ) open the tap depending on its type ( there is hand or knee tap ) .**
- 5) regulate the flow and temperature of water ( warm water remove less of protective hand oils than hot water ) .**
- 6) avoid any splashing to your clothes .**
- 7) use the nails cleaner to clean your nails then Rinse it by water .**
- 8) wet your hand to the elbow in one direction ( from the hand to the elbow ) without any returning .**
- 9) put a small amount of antimicrobial agent on your hands and lather it to all part of your hand and elbow .**

10) in circular motion , start brushing with palm and dorsum of your hand , don't forget to brush between fingers and nails ... each area must brush 15 times .. then brush toward the elbow 15 times also .

11) Rinse your hands and elbow ,, Don't forget to keep your hand above the elbow level ( كأنك تتوضأ ) at all time of washing .

12) dry your hand from the fingers to the elbow ( from less contaminated to more contaminated ) by using sterile towel , then use the other side of towel to dry the other hand .

13) turn off the tap using clean paper towel or your knee .

14 ) put the towel in the laundry bag to Re-sterilized .

### **( 3 ) Donning and removal sterile gloves :**

#### **Purposes :**

- a) to reduce the number of microorganisms on the hand.
- b) to reduce the risk of transmission of microorganism to the client
- c) to facilitate using the hand when handling sterile equipments .

#### **Assessment :**

- a) Inspect the surface of hand if there is any cuts or breaks in the cuticles .
- b) Assess the condition of nails .. it must be short and smooth .
- c) Assess any accessories ( ring , wristwatch ) that must be removed before wearing the gloves .
- d) Assess if there is any allergy from the latex (Substance found on the gloves) .

e) Assess the size of the gloves .

f) Assess the expired date of the gloves .

g) Assess the type of procedure that consider the client risk for infection .

h) Assess the condition of the package of the gloves ( no contact with water ).

### Equipment :

Gloves with appropriate size .

### Implementation :

- open the package of sterile gloves & place it on a clean , dry and flat surface .

- remove the inner package from the outer package

تعرف القفاز الايمن و الايسر كل قفاز له cuff طويلة بمقدار ٥ سم تقريباً  
البس أولاً في اليد التي تستخدمها دائماً dominant hand لتحسين براعتك  
improve dexterity.

باستخدام الابهام و أول اصبعين من nondominant hand & caught  
glove dominant by touch the inner surfaces of glove.

بحذر اسحب القفاز على يدك و اترك ال cuff و لكن تأكد أنه لم يلف فيسبب  
لمس السطح الخارجي من القفاز للرسغ فإذا لمسه فهذا يعني أنه أصبح ملوث

بيدك التي تلبس بها القفاز ضع اصابعك تحت طوية القفاز الآخر cuff (احذر  
ان يلمس ابهامك السطح الداخلي من القفاز ، أو أن يلمس أي إصبع من يدك المغلفة  
يدك المكشوفة ) .

بحذر اسحب القفاز فوق يدك ، و تأكد من وجود الاصابع بفراغاتها  
المناسبة

شباك interlock يديك ، فوق مستوى الخصر تأكد من لمس المنطقة المعقمة  
فقط .

Critical point : keep the thumb away , عدم لمس الثنية للمنطقة الداخلية ,

### Disposing of Gloves:

- ١ . باستخدام إحدى اليدين المغطى بالقفاز انتزع طرف الجزء الخارجي من القفاز في اليد الأخرى، وتجنب لمس الرسغ.
- ٢ . اسحب القفاز مع قلب داخله للخارج وضعه في يدك المغطاة.
- ٣ . أدخل أصابعك تحت طرف القفاز باليد الأخرى (بين القفاز والرسغ) فالأصابع لا تلمس السطح الملوث، وأخرج القفاز بقلب سطحه الداخلي للخارج فيصبح القفاز الأول بداخله، تخلص من القفازين برميهما في السلة.
- ٤ . اغسل يديك.

### ( 4 ) Applying a sterile gown

- put your hand inside the shoulder of the gown without touching the outside of the gown & pull the gown upward to cover the neckline of your uniform in front & back .

لجنة التمريض ... فكرة تحيا على نبض قلوبكم

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