



Rancho Los Amigos National Rehabilitation Center
DEPARTMENT OF NURSING
CLINICAL
POLICY AND PROCEDURE

SUBJECT: GOWNING AND GLOVING

Policy No.: OR034
Effective Date: 10/2018
Page: 1 of 2

Purpose of Procedure:

Prevent transfer of micro-organisms from hands and clothing to patient's wound during surgery.
Protect the hands and clothing from micro-organisms present in the patient or the environment.

Performed by: All persons actively participating on the surgical scrub team.

Equipment: Disposable sterile gown pack
Sterile disposable surgical gloves

Procedural Steps: Gowning

1. Perform the surgical hand scrub or waterless surgical hand and enter OR. Dry hands with a sterile towel for surgical hand scrub.
KEY POINT: The gowns are folded so that only the inside surfaces are exposed. This ensures handling the gown without contaminating the outside.
2. Don gown and gloves away from the sterile field. Stand away from the sterile table and firmly grasp the gown below the neck band and hold at shoulder height, touching only the inside of the sterile gown, pick it up for donning .
Lift it straight up and away from the sterile field. Unfold being careful that the gown does not touch either the body or other un-sterile objects.
KEY POINT: This allows the gown to unfold lengthwise. Donning gown and gloves away from the sterile field may reduce contamination from potential contact with unprotected skin and clothing.
3. Move into a free area. Do not shake gown to unfold it. With outer side turned away from the body, grasp gown at top of armholes, slide the hands laterally into the armholes, keeping the hands up approximately shoulder level and away from body.
KEY POINT: Below the waist is considered contaminated.
4. Push hands and forearm into the sleeves of the gown, advancing the hands only up to the stockinet cuffs.
KEY POINT: This prevents contamination of gown cuffs.

Procedural Steps: Closed Method Gloving

1. With one hand covered and guarded within the sleeve of the gown, pick up the opposite glove and place it on the forearm. Open end of the cuff is distal to the body and lies over the stockinet cuff. The thumb is positioned toward the palm of the hand and abducted from the body. Glove fingers are toward the antecubital area.
KEY POINT: This is done to prevent contamination of glove. The closed-glove technique is used in the Operating Room by the scrub person for initial gloving.
2. With the right hand guarded, grasp the cuffed edge that is laying directly over the protected palm. Reach over with the left hand and stretch the right cuff over the sleeve avoiding contact with the wrist or cuff of gown.

KEY POINT: The cuffs should always be covered. Cuffs are considered contaminated. Scrubbed team member should wear two pair of surgical gloves, one over the other. This reduce perforation to the inner glove and reduces exposure to infectious materials.

7. After the cuff is completely covered, draw the cuff back and over the wrist, directing the fingers into the glove.
8. With the gloved hand, put the left glove on in the same manner.
9. Extend the fingers into glove and adjust against cuff.
10. The circulating nurse will assist at this point to position the gown over the shoulders by handling inside of the gown only. The circulating nurse will fasten the inner waist ties and neck closures.
KEY POINT: The gown is handled at a minimum to prevent contamination. The circulating nurse is the unsterile nurse.
11. After the scrubbed person is gloved, the circulating nurse will grasp the belt envelope and pull to open the left waist tie.
KEY POINT: Even though the back is considered unsterile, the back is covered. The back is considered clean, not sterile.
12. The scrubbed and gloved person should grasp the left waist tie firmly, with gloved hand; the circulating nurse then removes contaminated card.
13. The scrubbed person retrieves the right belt tie and ties the belt in front, securely and comfortably. The circulating nurse then adjusts the lower back margins of the gown.

KEY POINT: You are now sterile and ready to act as scrub assistant. Once donned, the sterility of the following areas is maintained:

- a. The gown is considered sterile in front from chest to level of sterile field.
- b. The sleeves are considered sterile in front from two inches above the elbow. All other areas of gown are considered contaminated:
 - 1) The neckline, shoulders, areas under the arms and back of the gown.
 - 2) The back of the wrap around gown.
 - 3) Stockinette cuffs are unsterile and must be covered with gloves.

KEY POINT: Gloves are to be removed after each procedure and discarded in a designated container before the individual leaves the Operating Room.
Hand hygiene must be performed after the removal of gloves.

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References:

AORN. (2020). Guidelines for Perioperative Practice. Denver, CO: AORN.
Essentials of Perioperative Nursing, Fifth Edition

01/16 - Reviewed
10/18 -Revised
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