



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Operating Room		
Document:	Internal Policy and Procedure		
Title:	Surgical Hand Scrub		
Applies To:	All Surgeon and Operating Room Staff		
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1. PURPOSE:

- 1.1 Remove debris and transient microorganisms from nails, hands and forearms.
- 1.2 To reduce the resident microbial count to a minimum.
- 1.3 To inhibit rebound growth of microorganisms

2. DEFINITIONS:

- 2.1 **Surgical Hand Scrub** – the process of scrubbing using mechanical friction and chemical antiseptics to remove transient and resident microorganisms from the hands and arms before participating in an operation.

3. POLICY:

- 3.1 All healthcare providers participating in sterile operative procedure shall perform a hand scrub.
- 3.2 Only approved antiseptic lotions are used for surgical hand scrub.
- 3.3 Staff with acute infection, such as a cold or sore throat, or skin lesion, such as furuncle or any contagious condition, should not be permitted to scrub. Skin integrity of hands and forearms should be intact and nails are in good condition.
- 3.4 A clean OR attire including hair cover, and face mask must be worn prior to scrubbing.
- 3.5 Finger nails should be short, polish free and no artificial nails.
- 3.6 Jewelry, ring, bracelets and watches should be removed prior to scrubbing.
- 3.7 Water must be adjusted to a comfortable temperature and flow to prevent strike through.
- 3.8 Scrub sink should be used only for scrubbing or hand washing. It should not be used to clean or rinse contaminated instruments or equipment.
- 3.9 During and after scrubbing, keep the hands higher than the elbows to allow water flow from the cleanest area of the hands to the marginal area of the upper arms.

4. PROCEDURE:

- 4.1 Assemble complete equipment.
- 4.2 Check head cap is covered well.
- 4.3 Remove ring and watch.
- 4.4 Roll up operating room attire sleeve neatly to 2 inches (5cm) above elbow.
- 4.5 Stand to a comfortable distance away from the sink. Do not lean against the wet sink.
- 4.6 Adjust water flow and regulate to a comfortable temperature.
- 4.7 Wet hands and forearms under running water:
 - 4.7.1 Dispense 2 to 4ml or to adequate amount of antimicrobial into palms.
 - 4.7.2 Wash hands and arms thoroughly to 2 inches (5cm) above elbow for initial wash.
 - 4.7.3 Rinse under running water, moving hands upwards, and allowing water to dip from flexed elbows.
 - 4.7.4 Take a sterile brush and dispense antimicrobial solution if it is not yet in the brush.
 - 4.7.5 Clean fingernails carefully under running water with nail brush or nail cleaner of both hands. Holding brush perpendicular to the nails. Rinse fingernails.

4.8 Counter Brush Stroke Method:

- 4.8.1 Wet scrub brush or apply antimicrobial solution if not yet soaked in the brush.
- 4.8.2 Scrub the finger – tips of one hand 15 to 20 strokes.
- 4.8.3 Scrub each fingers anatomically including web spaces, 15 to 20 strokes each surface.
- 4.8.4 Scrub palms and back of hand elbow, keeping hands high above waist level 15 to 20 strokes each surface.
- 4.8.5 Scrub the arms covering each third of the arm, 15 to 20 strokes until 2 inches above elbow.
- 4.8.6 Move upwards in circular movement until 2 inches above.
- 4.8.7 Scrub vigorously using vertical strokes.
- 4.8.8 Repeat the same scrubbing techniques for the other unscrub hand.
- 4.8.9 Discard brush.

4.9 Anatomic counted friction method. Count 15 to 20 frictions to each area.

- 4.9.1 Palm to palm moving hands back and forth.
- 4.9.2 Right palm over dorsum with finger interlaced and vice versa.
- 4.9.3 Palm to palm with fingers interlaced.
- 4.9.4 Backs of fingers to opposing palms with fingers interlocked.
- 4.9.5 Rotational rubbing of left thumb clasped in right palm and vice versa.
- 4.9.6 Rotational rubbing, backwards and forwards with clasped fingers of right.
- 4.9.7 Rinse hands thoroughly under running water starting from finger tips to elbow. Keeping hand elevated to allow water to drain off at the flexed elbow. Rinse one hand at a time.

4.10 Final hand wash:

- 4.10.1 Dispense adequate amount of antimicrobial solution into palm.
- 4.10.2 Lather well and apply friction to both hands simultaneously up to 2 inches (5cm) wrist of hands.
- 4.10.3 Rinse hands thoroughly under running water starting from finger tips to elbow.

4.11 Keep hands help upward to allow water to drip from elbow over sink.

4.12 Close tap by foot or knee operated faucet or use elbow hand operated tap.

4.13 Keep hand above waist level.

4.14 Walk to gown room and pick up sterile hand towel near open corner and lift up straight and away from sterile field. Step back from the sterile area.

4.15 Dry hand aseptically:

- 4.15.1 Allow hand towel to unfold downward to its full length and width by holding one end of towel. Do not allow it to touch non-sterile OR attire or any unsterile items.
- 4.15.2 Dry hand starting from palm, each finger in a blotting manner. Dry arm by moving in rotating motion from wrist to elbow. Maintain hand away from OR attire when drying.
- 4.15.3 Dry other hand in the same manner. Use the other half of dry towel on the opposite side if only one hand towel available. Use another new sterile hand towel if available.
- 4.15.4 Discard hand towel in proper receptacle. Maintain hand above waist level.

4.16 Proceed to don sterile gown and gloves.

5. MATERIALS AND EQUIPMENT:

- 5.1 Disposable sterile Scrub Brush with nail cleaner.
- 5.2 Antimicrobial solution as approved by hospital (e.g. Hibiscrub and Povidone Iodine)
- 5.3 Scrub sink
- 5.4 Hand towel

6. RESPONSIBILITIES:

- 6.1 Nurse
- 6.2 Anesthesia Technician
- 6.3 Anesthesiologist
- 6.4 Surgeon

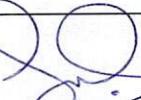
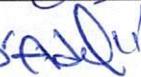
7. APPENDICES:

N/A

8. REFERENCES:

- 8.1 Kingdom of Saudi Arabia, Ministry of Health, Bisha General Hospital, 2018.
- 8.2 Surgical Scrub Procedure: Brush Stroke Method/nursing – procedure – compilation.blogspot.com

9. APPROVALS:

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