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| No | **SURGICAL HANDWASHING** |
| **FIRST CYCLE** |
| 1 | Inspect hands and skin integrity. |
| 2 | Wet both hands and forearms under running water then rinse hands thoroughly. |
| 3 | Pour sufficient amount of antiseptic agent/soap onto palms by pressing the dispenser handled using elbow. |
| 4 | Rub palm to palm together vigorously with finger interlaced. |
| 5 | Rub the right palm over the left dorsum and the left palm over the right dorsum with finger interlaced. |
| 6 | Rotational rubbing of:* Right thumb clasped in left palm.
* Left thumb clasped in right palm.

Clasp the hands together ensuring that thumbs and wrists receive contact with each other. |
| 7 | Rotational rubbing of Index finger to little finger of left and right hand. |
| 8 | Rub backs of fingers to opposing palm with fingers interlocking. |
| 9 | Rotational rubbing backwards and forwards of: * Tips of fingers and thumb of the left hand in right palm.
* Tips of fingers and thumb of the right hand in left palm.
 |
| 10 | Oscillating rubbing motion from wrist up to 2 inches above elbows – one direction toward elbow only of the left and right hands. |
| 11 | Rinse hands thoroughly, making sure that the hands are held higher than the elbows. |
|  | **SECOND CYCLE** |
| 1 | Pour sufficient amount of antiseptic agent onto palms (using elbow**).** |
| 2 | Rub palm to palm together vigorously with finger interlaced. |
| 3 | Rub the right palm over the left dorsum and the left palm over the right dorsum with finger interlaced. |
| 4 | Rotational rubbing of:* Right thumb clasped in left palm.
* Left thumb clasped in right palm.

Clasp the hands together ensuring that thumbs and wrists receive contact with each other. |
| 5 | Rotational rubbing of Index finger to little finger of left and right hand. |
| 6 | Rub backs of fingers to opposing palm with fingers interlocking. |
| 7 | Rotational rubbing backwards and forwards of: * Tips of fingers and thumb of the left hand in right palm.
* Tips of fingers and thumb of the right hand in left palm.
 |
| 8 | Oscillating rubbing motion in between wrist and elbow – one direction towards elbow only of the left and right hands. |
| 9 | Rinse hands thoroughly, making sure that the hands are held higher than the elbows. |
|  | **THIRD CYCLE** |
| 1 | Pour sufficient amount of antiseptic agent onto palms (Using elbow). |
| 2 | Rub palm to palm together vigorously with finger interlaced. |
| 3 | Rub the right palm over the left dorsum and the left palm over the right dorsum with finger interlaced. |
| 4 | Rotational rubbing of:* Right thumb clasped in left palm.
* Left thumb clasped in right palm.

Clasp the hands together ensuring that thumbs and wrists receive contact with each other.  |
| 5 | Rotational rubbing of Index finger to little finger of left and right hand. |
| 6 | Rub back of finger to opposing palm with fingers interlocking. |
| 7 | Rotational rubbing backwards and forwards of:* Tips of fingers and thumb of the left hand in right palm.
* Tips of fingers and thumb of the right hand in left palm.
 |
| 8 | Oscillating rubbing motion up to the wrist – one direction only of the left and right hands. |
| 9 | Rinse hands thoroughly, making sure that the hands are held higher than the elbows. |
| 10 | Turn off water with elbow. |
|  | **DRYING OF HANDS** |
| 1 | Keep the hands elevated in front and away from the body. |
| 2 | Use a sterile towel to dry one hand thoroughly moving from fingers to elbow. Dry in rotation motion using aseptic practice.  |
| 3 | Use a sterile towel to dry another hand thoroughly moving from fingers to elbow. Dry in rotation motion using aseptic practice. |
| 4 | Keep the hands elevated in front and away from the body. |

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| **No** | **DONNING OF STERILE GOWN** |
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| 1 | Using the dominant hand, lift the gown from the sterile package.  |
| 2 | Hold the gown at the neck edge and lift it directly upward. |
| 3 | Steps away to avoid touching edge of wrapper. |
| 4 | Keep the gown away from the body during unfolding (to prevent it coming in contact with the unsterile attire). |
| 5 | Don the gown by sliding the arms into the armholes. Working both arms into the gown simultaneously without touching sterile outside of gown with bare hands. |
| 6 | Avoid excessive shaking and handling of the gown. |
| 7 | Leave the hands within the sleeves of the gown (to facilitate the correct closed method of gloving). |
| 8 | Ask the assistant to tie up the back of the gown. |

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| **No** | **CLOSED GLOVING METHOD** |
| **PUT ON THE FIRST GLOVE** |
| 1 | Request the correct size gloves from the circulating nurse. |
| 2 | The hands and fingers are kept within the cuff of the gown, and the unexposed left hand (non-dominant) is used to pick up the right glove. |
| 3 | The palm of the glove is placed against the palm of the right hand, thumbs are together, and fingers of the glove should point to the right elbow. |
| 4 | The cuff or the folded edge of the glove is grasped with the left hand and inverted over the right hand. |
| 5 | Unfold the glove’s cuff and adjust over the gown’s sleeve and maintain sterile technique. |
| 6 | Pull the sleeve slightly towards the elbow to bring the stockinette cuff to the wrist area. |
|  | **PUT ON THE REMAINING GLOVE** |
| 1 | The left hand and fingers are kept within the cuff of the gown, and the gloved right hand (dominant) is used to pick up the left glove. |
| 2 | The palm of the glove is placed against the palm of the left hand, thumbs are together, and fingers of the glove should point to the left elbow. |
| 3 | The cuff or the folded edge of the glove is grasped in the right hand and inverted over the left hand. Maintain sterility. |
| 4 | Unfold the glove’s cuff and adjust over the gown’s sleeve and maintain sterile technique. |
| 5 | Pull the sleeve slightly towards the elbow to bring the stockinette cuff to the wrist area. |
| 6 | Once the gloves are donned, check that they are comfortable, cuffs are firm and flat around the wrist and no possibility of unraveling. |
| 7 | Unfold the knotted strap of the gown and hold one end by the edge of the attached paper and give it to the assistant without compromising sterility. |
| 8 | Release the strap from its attachment and instruct the circulating nurse to do a complete 180 degrees turn. |
| 9 | Tie the gown at the front to complete the skill.  |
| 10 | Keep both hands interlocked and close to the body. |