

Welcome to the Operating Room

Please read the following rules:

Adhere to the dress code standards while inside the Operating Rooms. Please wear clean scrubs provided by the ORs (no scrubs from home), and no cover gowns or lab coats are permitted past the OR desk. Also, keep your head cover on within the ORs (any point beyond the front desk doors) and all of your hair tucked under it. Wear a mask covering your nose and mouth when any sterile field is open and eye protection at all times. Return your scrubs and do not take them home with you. Many patients have infections and leaving your scrubs at work prevents their spread to the public.

Write your first and last name on the white board in the ORs. We need to keep track of all the Attendees for each Surgery. Also wear your ID badge at all times on your upper body.

Please be aware of ALL Sterile Fields. A sterile field is draped in Blue and Green. Do not touch anything on the field or anyone “scrubbed in” wearing a sterile gown. Please keep 18 in or more away from any sterile field. If invited to come close mind your scrubs, ID badge, sleeves and any other item that may come into contact with the sterile field. Know what is around you at all times. Never lean or reach over a sterile field. If you think you have contaminated something, please speak up. We need to know if there is a break in Sterile Technique.

If you are invited to scrub in please ask the residents to show you how. If you cannot remember on subsequent times, please ask for help. Scrubbing your hands properly reduces the concentration of skin flora, the potential for transfer to the patient and the risk for a post-op infection. Remember to remove all rings, watches, bracelets and jewelry. Pull two pairs of gloves in your size and give them to the Circulating Nurse so they can be opened for you. You should always “Double Glove” so pull an indicator glove and a regular pair. Double gloving protects you and the patient from transfer of microorganisms if your glove breaks. **The Scrub Method we practice here at UMMC is outlined below.** Read though it to be familiar with scrubbing.

Having Surgery is stressful for every patient and surgical team. To keep anxiety levels low please keep the room quiet at all times. Only four Observers are permitted in one OR at a time so please rotate. OMFS may run several ORs at once so check with the residents for the schedule. Also stay in the back of the room to keep the walkways open while the case is being set up. Once the patient is prepped and draped you can move closer to get a better view.

Keep a professional demeanor in the ORs and Hallways. Remember that computers are for clinical and professional use only and the use of any personal technology is prohibited including mobile phones and MP3 players. Respect the staff, Surgeons, Anesthetists, Scrub Person, Nurse and Support Staff. Keep all side conversations quiet and to a minimum. If you are asked to step back or out of the room please follow the directions. As soon as it can be permitted you will be allowed back.

Please eat some breakfast before you come. It will keep your blood sugar up and help you stand for a long period of time. If you begin to feel faint or dizzy find a place to sit down, even if it is on the floor. If you are scrubbed please tell someone you need to sit. We will find you a chair.

These tips are to help give you a beginning understanding of the Operating Room. If you have any questions please feel free to ask. You MUST print this hand out and bring it signed to the OR on the first day of your rotation. Signing it acknowledges your compliance to the rules and is a contingency of your attendance in the OR. Thank you.

To Scrub in please adhere to the Counted Brush Stroke Method:

1. Wash your hands with soap and water before scrubbing for the first time each day.
2. Open a Scrub Brush and remove it from the package. Do not set the brush down after it has been opened.
3. Turn on the water with your knee or foot pedal. Rinse from finger tips to elbow keeping your fingers pointed up. Do not bring your hand backwards thought the stream of water.
4. Using the stick inside the package, clean under each fingernail and discard the stick in the trash.
5. Beginning with your right hand fingernails, scrub back and forth quickly 30 times with the brush side of the sponge. Be sure to include your fingertips, and fingernails of all your fingers and thumb.
6. Switch the brush and repeat with your left hand.
7. Turning the brush over to the sponge side, switch back to your right hand and begin scrubbing each finger. Your fingers have four sides, be sure to scrub each side 30 times each.
8. Scrub the palm, back and sides of your right hand 30 times.
9. Switch and repeat with your left hand and fingers.
10. Switching between right and left in three inch intervals, scrub your wrists and up the arms to three inches above the elbow circumferentially 20 times each.
11. You are moving up the arms from clean (fingertips) to dirty (elbows) so do not go back to your hands at any time. Keep your hands pointing up and don't let your brush or skin touch anything that has not been scrubbed.
12. When you are done discard the brush in the trash and prepare to rinse your hands.
13. When rinsing, remember to keep your hands up and let the water run off your elbows. Put you fingertips in the stream completely rinsing the soap away all the way up to your elbows. Do not bring you r hands back though the stream of water.
14. If you contaminate at any time during this process you must start over from the beginning so be mindful of your surroundings.
15. Keeping your hands always pointed up, back into the OR and move across the room to the Scrub Person at the Back Table.
16. Please do not drip water onto the Sterile Field. Do not reach towards the back table but wait for the Scrub person to hand you a towel.
17. Put one hand out flat and the Scrub will drape a towel over your hand.
18. There is a method to drying your hands. Think of the towel as having two halves, one for the right and one for the left. Dry the right hand starting at the fingertips and moving down the hands and arms. Do not come back up to your hands, you will be considered contaminated and will have to start form the beginning.
19. Sweep under the other side of the towel with the opposite hand a dry in the same manner. The drier your hands are the easier it will be to put on your gloves. Don't drop your hand below your waist you will be contaminated and have to start over.
20. You are now ready to put on your gown. The Scrub Person will hold up your gown. Put your hands into the arm holes and go straight in like you are going to hug them. Watch out for surrounding people, walls and objects that could contaminate you. The cuffs should come across the back of your hands. *Do not touch your gown with your hands to adjust it.*
21. To put on your gloves the Scrub Person will assist you by holding them open. Starting with the right hand put your fingers together and push straight down into the glove to the floor. Do not worry where your fingers end up you can fix it later. Turn your right hand over and give the scrub two hooked fingers so you can assist with you left glove. The Scrub Person will hook the glove over your fingers and pull the edge apart. Push straight towards the floor with your left

hand. Once your first pair of gloves is on you may fix your fingers. Make sure the cuffs are covered entirely and put on your second pair of gloves the same way.

22. The Circulating Nurse will tie up the back of your gown and now it is time to turn. Hold the card attached to the front of your gown in your RIGHT hand. Pull the string out of the LEFT side of the card but DO NOT DROP IT. Pass the card attached to the string off to the Circulator and TURN 360 degrees to the LEFT. The Circulator will still beholding the card. Pull the string out of the card and tie it off you LEFT hip in a bow. If either string drops, don't pick them back up. The Circulator will tie it up for you.
23. While you are scrubbed in keep your hands in front of you above your waist but below your shoulders. Even though your gown might cover these areas they are not considered sterile. When in doubt hold the front of your gown or place your hands on the sterile field.
24. If you become contaminated during the case back away from the field and the circulator will untie and assist you with re-gowning and gloving.
25. At the end of the case take your gown off by taking off the top pair of your gloves. Untie the knot on your left and the on inside on the right. Pull on the front of your gown and it will unsnap at the neck. Pull your arms out of the sleeves so the gown in inside out and drop it in the green bag in the OR. Remove your gloves last. This method will keep any blood from getting onto your skin or scrubs. Please wash your hands after each time you scrub.

Thank you.