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<th>Surgical Hand Scrub</th>
<th>Interpretation</th>
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| A. Demonstrates hand / arm readiness for surgical hand scrub. | 1. Checks hands and arms for cuts, infections, or inflammation.  
2. Checks fingernails for cleanliness, length, nail polish if worn should not be chipped and freshly applied (less than 4 days old), free of acrylic nails, and free of jewelry. | 1. Minor breaks in skin must be covered with bioclusive dressing after scrubbing.  
2. Nails should not extend over fingertips greater than ¼ inch.  
3. Potential for cross contamination.  
4. Available data indicates that nail polish that is obviously chipped or worn longer than four days harbor greater numbers of bacteria. |
| B. Demonstrates use of PPE. | 1. Eye protection in place and cloth hats and hair completely covered / contained with disposal hat. | 1. OSHA regulations. |
| C. Choose agent. | 1. Water based hand scrub or Surgical Hand Antiseptic (Avagard™). | 1. Approved methods at VMC. |
| D. Demonstrates water based hand scrub (three minutes). | 1. Open scrub brush with antimicrobial soap.  
2. Wet hands and arms up to the elbows.  
3. Clean fingernails with nail stick under running water.  
4. Discard nail stick in appropriate waste receptacle. Begin three minute timed scrub.  
5. Wet sponge and squeeze to work up lather.  
6. Use brush side only on nails/cuticles or areas of visible soil.  
7. Wash all four sides of each digit.  
8. Wash the back, front, inner, and outer side of the hand.  
9. Repeat process on other hand  
10. Visualize the forearm from the wrist to 2” above the elbow as three sections, and wash each third.  
11. Repeat process on other arm.  
12. Discard brush in trash receptacle.  
13. Rinse both hands, arms and elbows thoroughly from fingertips to elbows, keeping fingers higher than elbows at all times.  
14. Pause with arms over the sink to allow the excess water to drain off the elbows.  
15. Proceed into the room with your hands between waist and eye level and away from the body. | 1. Subungal region harbors the majority of microorganisms found on the hand.  
2. Remove debris and transient microorganisms from the nails, hands, and forearms.  
3. Hands and forearms are held higher than the elbows and out from the surgical attire to prevent contamination and allow water to run from cleanest area down the arm.  
4. Proper disposal of used items prevents cross contamination of surgical hand-scrub area.  
5. Reduce the opportunity for dripping water onto sterile areas when gowning and gloving. |
| E. Demonstrate surgical hand antiseptic (Avagard™). | 2. Begin with pre-wash if visible soil is present.  
3. Clean under nails with a nail stick for the first use of the day.  
4. Dry thoroughly.  
5. Dispense one pump (2ml) into palm of hand.  
6. Dip fingertips of opposite hand into hand prep and work it under nails.  
7. Spread remaining hand prep from wrists to 2” above the elbow.  
8. Repeat for other hand & arm.  
9. Dispense final pump (2 ml) in either hand and reapply to all aspects of both hands to the wrists.  
10. Allow to completely dry before gowning and gloving. | 1. Per manufacturer’s instructions. |