

Orthopaedic Surgery Interest Group: Sterile Technique Workshop

Objectives: *by the end of this session, you should be able to...*

- Retrieve scrubs and navigate to all key areas of the South OR, University Hospital
- State the proper attire and personal protective equipment for a) the OR floor b) the operating room c) the sterile field
- Indicate the steps you should take when you arrive at the OR where you are scrubbing in for a case
- Feel comfortable scrubbing in, gowning, and gloving. The next time you are asked by an attending to scrub in, you should feel confident in your ability to do so
- State other helpful roles that a medical student can fill in the OR, before and after the case.

Getting Ready for Surgery

- Before entering the OR floor, ensure you are in proper attire. This includes clean OHSU scrubs (light blue) as well as a scrub cap or other hair cover.
 - o If you leave the OR floor (ex. to cafeteria or wards) you must cover your light blue OHSU scrub top, by putting on either your white coat or a purple coat. Long lab coat covers are also available near the South OR Control Desk, but these are not preferred.
- Before entering the OR itself, ensure that you are wearing a mask.
 - o Eye protection is also strongly recommended, whether a mask + face shield or separate protective eyewear.
 - o Shoe covers are also recommended.
- When you enter the OR, introduce yourself. Seek out the circulator and scrub tech and explain your role (ie., what year in school, and if a preceptor/rotator/subI).
 - o Write your name, role, and glove size down on the board, under the appropriate heading
- As appropriate with timing, select your gloves (restock cart in the room) and a gown (as needed) and open them for the scrub tech
 - o Ask the staff in the room for help (or for them to watch you) if you are concerned about opening a gown and/or gloves to the field.
- When you are ready to scrub (if using a purple jacket) hang it on a hook near the door.

Scrubbing In

- Scrub your hands and arms as demonstrated in the workshop.
- Keep your arms flexed yet away from your body as you enter the room
- Wait for assistance from the scrub tech and as directed, proceed through the gowning and gloving process as demonstrated in the workshop.

Other Pearls

- (Note: these are contingent on attending/resident/staffing preference and context)
- When the patient arrives in the room, help the staff transfer the patient from the hospital bed to the OR table.
 - o Once the patient is secured on the table, remove the hospital bed or stretcher and park it in the designated area outside the OR
- As you feel comfortable, bring up the patient's pertinent imaging on the OR computer monitor
- At the end of the case, help with transferring the patient back to the hospital bed (*as directed by anesthesia staff at the head of the patient*).