SKILLS LAB SKILL 1: Sterile Gloving

**Intended learners:** This instruction is intended for first semester MATC PN nursing students.

**Prerequisites:** Learners must be admitted to the MATC PN program and must have demonstrated proper hand hygiene techniques (taught in CNA class) prior to beginning this unit of instruction.

**Method of Instruction:**
- Power Point presentation
- Podcast
- Didactic lecture
- Skill Lab instruction
- Skill Lab practice
- Printed instructions and skills check off form

**Assessment:** Students will be required to demonstrate proper technique for donning and removing sterile gloves with 100% accuracy by the end of the first week of lab.

**OBJECTIVES**
Upon completion of this unit of instruction students will be able to:
- Demonstrate the proper method for donning and removing sterile gloves.
- Verbalize ways to maintain sterility
- Discuss possible actions to take if their sterile gloves are contaminated or damaged.

**EQUIPMENT**
Sterile gloves of the appropriate size
Google Chromebook (provided) or other device for viewing multimedia presentations

**SKILL**
**Student preparation:** Students are required to watch the Podcast and review the Power Point presentation prior to arriving to lab.

**Donning Sterile Gloves**
1. Perform hand hygiene.
2. Check that the sterile glove package is dry and unopened. Also note expiration date, making sure that the date is still valid.
3. Place sterile glove package on clean, dry surface at or above your waist.
4. Open the outside wrapper by carefully peeling the top layer back. Remove inner package, handling only the outside of it.
5. Place the inner package on the work surface with the side labeled ‘cuff end’ closest to the body.
6. Carefully open the inner package. Fold open the top flap, then the bottom and sides. Take care not to touch the inner surface of the package or the gloves.
7. With the thumb and forefinger of the nondominant hand, grasp the folded cuff of the glove for the dominant hand, touching only the exposed inside of the glove.
8. Keeping the hands above the waistline, lift and hold the glove up and off the inner package with fingers down. Be careful it does not touch any unsterile object.
9. Carefully insert dominant hand palm up into glove and pull glove on. Leave the cuff folded until the opposite hand is gloved.
10. Hold the thumb of the gloved hand outward. Place the fingers of the gloved hand inside the cuff of the remaining glove. Lift it from the wrapper, taking care not to touch anything with the gloves or hands.
11. Carefully insert nondominant hand into glove. Pull the glove on, taking care that the skin does not touch any of the outer surfaces of the gloves.
12. Slide the fingers of one hand under the cuff of the other glove and fully extend the cuff down the arm, touching only the sterile outside of the glove. Repeat for the remaining hand.
13. Adjust gloves on both hands if necessary, touching only sterile areas with other sterile areas.
14. Continue with procedure as indicated.

Removing Soiled Gloves
1. Use dominant hand to grasp the opposite glove near cuff end on the outside exposed area.
2. Remove it by pulling it off, inverting it as it is pulled, keeping the contaminated area on the inside.
3. Hold the removed glove in the remaining gloved hand.
4. Slide fingers or thumb of ungloved hand between the remaining glove and the wrist. Take care to avoid touching the outside surface of the glove.
5. Remove it by pulling it off, inverting it as it is pulled, keeping the contaminated area on the inside. Keep the first glove inside the second.

EVALUATION
The student objective is met when gloves are applied and removed without contamination.

DOCUMENTATION
It is not usually necessary to document the addition of sterile items to a sterile field. However, document the use of sterile technique for any procedure performed using sterile technique.

UNEXPECTED SITUATIONS AND ASSOCIATED INTERVENTIONS
On occasion you may encounter an unexpected situation or you might make a mistake. Admitting right away that there is a problem and knowing what to do in advance or problems developing will help you keep your patient safe, which is your primary concern. Here are a few examples of problem you might encounter and what to do about them if you do:

- Contamination occurs during application of the sterile gloves: Discard gloves and open new package of sterile gloves.
- The package or sterile surface where the gloves are resting becomes wet: Discard gloves and open new package of sterile gloves.
- A hole or tear is noticed in one of the gloves: Discard gloves and open a new package of sterile gloves.
- A hole or tear is noticed in one of the gloves during the procedure: Stop procedure. Remove damaged gloves. Wash hands or perform hand hygiene (depending on whether soiled or not) and put on new sterile gloves.
- The patient touches the nurse’s hands or the sterile field: If the patient touches your hands and nothing else, you may remove the contaminated gloves and put on new, sterile gloves. This is why it is always a good idea to bring two pairs of sterile gloves into the room, if facility policy allows it.
- If the patient touches the sterile field, discard the supplies and prepare a new sterile field.
- If the patient is confused, have someone assist you by acting as a barrier between the patient’s hands and the sterile field, or to help reinforce to the patient what is happening.
- You or the patient has a latex allergy: Obtain latex-free sterile gloves.
- If your sterile, gloved hands are out of your line of sight your gloves are now considered contaminated and you will need to stop and change your gloves as instructed above.
- If your sterile, gloved hands fall below your waist your gloves are considered contaminated and you will need to stop and change your gloves as instructed above.