

Scrubbing Up



Disclaimer

A series of booklets has been developed by the Clinical Skills Lab team (staff, recent graduates and students) from the School of Veterinary Sciences, University of Bristol, UK. Please note:

- Each booklet illustrates one way to perform a skill and it is acknowledged that there are often other approaches. Before using the booklets students should check with their university or college whether the approach illustrated is acceptable in their context or whether an alternative method should be used.
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Year Group: BVSc3 +



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Equipment list: Scrubbing Up

Equipment for this station:

- Clock or timer
- Scrub brush
- Surgical scrub: chlorhexidine or povidine iodine
- 'Sterile' paper towel (*Note: In the Clinical Skills Lab non-sterile paper towel is used*)

Considerations for this station:

- Some people's skin can be sensitive to chlorhexidine – use iodine if this is a problem

Anyone working in the Clinical Skills Lab must read the 'CSL_I01 Induction' and agree to abide by the 'CSL_I00 House Rules' & 'CSL_I02 Lab Area Rules'

Please inform a member of staff if equipment is damaged or about to run out.



Clinical Skills: Scrubbing up

Start by turning the taps on and ensure the water is at a comfortable temperature. Open the scrub brush pack and leave it in an accessible location. Once started don't touch anything but the brush with your hands, use your elbows to control taps and soap.

1



Before scrubbing up, wash your hands thoroughly in scrub solution; follow the World Health Organisation steps (as in 'CSL_SP10 Handwash').

2



Always keep your hands higher than your elbows.

3



Your nails should be cleaned to remove any dirt. Disposable scrubbing brushes often include a plastic nail cleaning device that can be used.

4



When starting to scrub, note the time. Your hands should start the day 'thoroughly clean', then the first scrub of the day should be for at least 5 minutes. Subsequent scrubs should be for at least 3 minutes.

5



Using your elbows dispense a generous amount of scrub solution onto both your hands and the scrub brush.

6



7



Using the brush, scrub your palms and the backs of your hands.



Scrub each surface of each finger. It is best to start at one side of your hand e.g. little finger, and work methodically towards the other i.e. thumb. Pay particular attention to the skin between the fingers as this can be harder to reach!



Scrub the tip of each finger, ensuring there is no dirt remaining around the nails. If using a soft brush then scrub your wrists and arms up to the elbow while ALWAYS keeping your hands higher than your elbows. If the brush has stiff bristles then use the sponge side to wash your arms (as stiff bristles can damage the skin and bring out more bacteria).

Allow your arms to drip to remove excess water (keep your hands up and above your elbows!). Dry your hands using a sterile towel. Use one side of the towel for each hand and work from the tips of your fingers towards your elbows. Never move "dirtier" water back from your elbows to your hands. Dispose of the towel into the bin.



How to stand -
hands up, ready to gown



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Resetting the station: Scrubbing Up

1. Ensure the taps are turned off, scrubbing brush (and soap if not in wall dispenser) are on the sink ledge.
2. Dispose of paper towels in the bin.

Station ready for the next person:



Please inform a member of staff if equipment is damaged or about to run out.



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I wish I'd known: Scrubbing Up

- If scrubbing up frequently, you may want to use moisturiser as chlorhexidine and iodine can dry out and crack your hands (which can then harbour bacteria).
- If your hands are lower than your elbows 'dirty' water runs from 'dirtier' elbow to clean hand. Therefore ALWAYS keep your hands higher than your elbows.