

All skill guidelines are adapted from Fundamentals of Nursing (9th Ed.) Potter and Perry (2017).

Maternal Health Competency - Sterile Procedures

Donning and Doffing Sterile Gloves

1. Perform hand hygiene prior to procedure
2. Insure sterility of the package of gloves

Donning

1. Open package of sterile gloves removing outside of wrapper by peeling apart sides
2. Place inner package on clean, flat, dry surface at or above waist/wrist level
3. Open packages, keeping gloves on wrapper's inside surface. With thumb and first two fingers of non-dominant hand, grasp edge of glove cuff for the dominant hand. Touch only glove's inside cuff surface. Pull glove over dominant hand
4. With gloved dominant hand, slips fingers underneath second glove's cuff and carefully pulls second glove over non-dominant hand
5. Keep hands above waist, adjusts gloves fit, do not readjust wrist area
6. Discard wrapper without contaminating gloves

Doffing

1. With dominant hand, grasps outer surface of non-dominant glove just below the thumb; peel off without touching exposed wrist
2. Places ungloved hand under thumb side of second cuff and peels off toward fingers
3. Discard soiled gloves
4. Perform hand hygiene
5. Document that sterile technique was used in the performance of the procedure

Preparing a Sterile Field

1. Prepare a sterile field by using the inner surface of a sterile wrapper as the work surface or by using a sterile drape or dressing tray
2. After creating a sterile field, add sterile items by placing them directly onto the field or by transferring them with sterile forceps
3. Discard an object that comes in contact with 2.5cm (1 inch) of the border

Opening Sterile Packages

1. Never use a sterile item if the packaging has been compromised, soiled or appears to have been wet
2. Inspect integrity of packaging of supplies before beginning procedure
3. Use a clean work area to assemble supplies

4. Work area should remain above waist level
5. Do not open sterile supplies in a confined space where contamination might occur

Opening a Sterile Item on a Flat Surface

1. Hold item in one hand while pulling the wrapper away with the other hand
2. You may use a sterile wrapper from a commercial kit or a sterile paper/drape to create a sterile field on which to work
3. Use the inner surface of the package as a sterile field to add sterile items
4. You may grasp the 2.5cm (1 inch) border to maneuver the field on a table surface

Opening a Sterile Item While Holding It

1. Open a small sterile item, hold the package in your nondominant hand while opening the top flap and pulling it away from one's body
2. Using the dominant hand, carefully open the sides and innermost flap away from the enclosed sterile item in the same order previously mentioned
3. Open the item in a hand, so you are able to pass it to a person wearing sterile glove or transfer it to a sterile field

Performing a Sterile Procedure

1. Assemble all equipment that will be needed before a procedure
2. Have extra supplies in case of contamination
3. Do not leave or lose sight of sterile area at any time
4. If an object becomes contaminated during the procedure, do not hesitate to discard it immediately
5. If any aspect of the procedure become compromised, stop procedure and begin again

Pouring Sterile Solutions

1. After removing the cap or lid, place its sterile side (inside) up on a clean surface
2. Never rest a bottle cap or lid on a sterile surface, even though the inside of the cap is sterile. The outer edge of the cap is unsterile and contaminates the surface
3. Hold the bottle with its label in the palm of the hand to prevent the possibility of the solution wetting and fading the label
4. Before pouring the solution into the container, pour a small amount (1-2 mL) into a disposable cup or plastic-lined waste receptacle
5. Keep the edge of the bottle away from the edge or inside of the receiving container
6. Pour the solution slowly to avoid splashing the underlying drape or field
7. Never hold the bottle so high above the container that even slow pouring causes splashing

8. Hold the bottle outside the edge of the sterile field

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