

## **I. Observation Dress Code Standards**

The dress code standards address safety, hospital image and professionalism as they relate to attire and appearance. Our overall appearance represents our professional approach to delivering excellent customer services. The Dress Code Standards apply to any person participating in an observational experience.

If the participant's attire is deemed to be inappropriate or unacceptable, the participant will be asked to leave and will need to arrange another experience.

### **Overall appearance**

1. Clothing will be clean, neatly pressed and in good condition.
2. For your observational experience we ask that you wear:
  - a. Business casual attire (example: khaki pant or skirt, shirt and comfortable tennis shoes).
  - b. Scrubs may also be worn.
  - c. Clothes will be clean, appropriately sized and worn in a conservative manner.
3. Also, other restrictions:
  - a. No low necklines, exposed abdomens, tight/clinging attire, bare midriffs, mini skirts
  - b. No sagging pants ("low-rider" pants)
  - c. No exposed under garments
  - d. Full length pants/scrubs will be worn. No Capri or cropped pants. No shorts. Anything above the ankle is inappropriate.
  - e. No sleeveless shirts/sweaters or tank tops
  - f. No sweatshirts, fleece, hooded apparel or clothing considered outerwear.
  - g. No T-shirts
  - h. No denim jeans
  - i. No flip-flops, high heels or open toed shoes. Socks/hosiery must be worn.
  - j. Jewelry must be kept to a minimum. No large jewelry, no bracelets, one ring and necklace (small in size)
  - k. No facial/tongue piercings
  - l. Tattoos must be covered
  - m. No extreme hair colors
  - n. No perfume

## **II. Tips for a successful experience:**

1. It is highly recommended that you eat a meal prior to arriving. You may be exposed to situations that can make you feel queasy. A good meal will help prevent this.
2. If observing a RN working with a patient, do not stand stiff legged. Shift weight from one leg to another.
3. Keep your hands away from your face.

4. Do not use the patient's bathroom.
5. Stay with your assigned RN.
6. Do NOT wander around the unit without a staff member in attendance.
7. It is OK to ask questions but ask in a way that is not interfering with the work being done. Some questions may need to be held until out of the patient's hearing.

### III. Handwashing

#### 1. General Information

- a. Handwashing is the most important single means of preventing the spread of infection. It is absolutely essential to the prevention and control of healthcare associated infections.
- b. Handwashing is the mechanical removal of dirt and microorganisms by lathering, friction, and flushing with soap and running water. Hands must be washed with soap and water if visibly soiled.
- c. An alternate to using soap and water for hand cleansing is the use of an alcohol-based waterless antiseptic agent. This agent does not provide skin cleansing, but actually kills germs on the skin. Using an alcohol based waterless product is only appropriate if hands are not visibly soiled.

#### 2. Procedure

##### a. If using alcohol-based product:

- i. Apply product to palm of one hand and rub hands together, covering all surfaces of hands and fingers, until hands are dry.

##### b. If using Soap and Water:

- i. Turn on water.
- ii. Adjust water flow to a force which does not spray and get clothing wet.
- iii. Wet hands and wrists thoroughly.
- iv. Take generous portion of soap from dispenser.
- v. Scrub each hand with the other, creating as much friction as possible by interlacing the fingers and moving the hands back and forth. Continue the scrubbing action for 15 seconds or longer, until areas between the fingers, the backs of hands, the palms, and area around and underneath the fingernails are cleaned. Rings should be moved up and down and rotated during handwashing to assure proper washing of fingers and rings.
- vi. Emphasis should be on technique rather than rigid timing, due to amount of soiling of hands.
- vii. Rinse hands thoroughly. All soap must be carefully removed to avoid skin irritation.
- viii. If the faucet handle needs to be turned off versus foot or knee pedal, turn off the water by using a dry paper towel to cover the faucet handle.
- ix. Apply hand lotion if indicated.