Surgical Hand Scrub Updates
Objectives

• Review facts on Pathogens
• Review AORN and CDC guidelines for hand scrubs
• Review steps to Water-based hand scrub application
• Review steps to Avagard application
Facts on Pathogens

• The contribution of the surgical scrub is critical in reducing the incidence of operative wound infections.

• It is known that the individual person is the primary source of nosocomial bacteria in the operative setting.

• Handwashing results in a significant reduction in pathogen carriage.[i]

Products

Ideally the surgical hand scrub product should have the following properties

• Broad spectrum of action
• Fast acting
• Persistent
• Non-irritating to the skin
Categories of antiseptics for scrubs

• Alcohols

Alcohols are effective against most gram positive and negative bacteria, as well as most fungi and viruses.[i]


• Cholorhexidine Gluconate (CHG)

CHG is more effective against gram-positive than gram-negative bacteria and also provides action against enveloped viruses[ii,iii]. CHG is not as effective as other agents at immediately reducing bacterial counts, but its action is more persistent than others, lasting at least 6 hours.

Categories of antiseptics for scrubs

• Iodophors

Exhibit a rapid onset of antimicrobial activity, due to the action of free iodine.

They are effective against a broad range of microbes including gram-positive and negative bacteria, some bacterial spores, fungi and viruses[1].

They have a limited duration of action due to neutralizing properties of organic matter[2], and are also commonly associated with skin irritation and damage.

Current Products

Cardinal Health Scrub Care

• (Chlorhexidine Gluconate Solution, 4%) – brush & sponge

• (15% Povidone-Iodine) – brush & sponge.

3M

• Avagard Waterless Hand Antiseptic (Chlorhexidine Gluconate 1% Solution and Ethyl Alcohol 61%)
AORN and CDC Recommendations

- **AORN** recommends for facilities to standardize scrub times and has presented studies to show that scrub times of three to four minutes are as effective as five-minutes scrubs.[1]

- The **CDC** has stated that former traditional 10 minute scrubs are not necessary and frequently leads to skin damage, and sites studies that scrubbing for 2 or 3 minutes reduced bacterial counts to acceptable levels.[2]


Choose **one** of these hand scrub methods and apply following new guidelines:

**Water Based Hand Scrub**

**Three Minute Scrub**

Either-Or

**Alcohol Based (Avagard)**

Apply to **clean**, dry hands and nails. For the first use of each day, wash hands and clean under nails with a nail stick. **Note:** Whenever debris is present, wash & dry hands before application.
AORN- Surgical Scrub Brush

• AORN outlines that the use of a brush for surgical hand scrubs is not necessary and scrubbing with a brush is associated with an increase in skin cell shedding.[1]

• AORN published an article that states that brushless scrubbing is believed to be less caustic and abrasive to the skin than traditional scrubbing and can aid in maintaining skin integrity, even after repeated use in the preoperative setting.”[2]

CDC- Surgical Scrub Brush

• The CDC states that use of a brush results in increased shedding of bacteria from the hands.[1]

• Neither a brush nor a sponge is necessary to reduce bacterial counts on the hands of surgical personnel to acceptable levels, especially when alcohol-based products are used.[2]

[2] Ibid.
Step One: **Water based hand scrub**

Step One
Wet hands and arms up to the elbows. Use nail pick to clean nails under running water.
Step Two: **Water based hand scrub**

Wet sponge and squeeze to work up lather. Wash each finger, hand, and arm to two inches above the elbows using the non abrasive sponge for a total scrub time of three minutes.

**Note:** Use brush side only on nails and cuticles or on areas of visible soil.
Step Three: **Water based hand scrub**

Rinse hands and arms from finger tips to elbows. Dry hands and arms with a sterile towel.
Avagard: Pump 1

Dispense one pump (2ml) into the palm of one hand. Dip fingertips of the opposite hand into the hand prep and work under fingernails. Spread remaining hand prep from wrist to 2” above the elbow.
Avagard: Pump 2

Dispense one pump (2ml) and repeat procedure with opposite hand/arm.
Avagard: Pump 3

Dispense final pump (2ml) of hand prep into either hand and reapply to all aspects of both hands up to the wrists. Allow to dry. Do not use towels!
Sterile Procedure Hand Scrub Protocol

Choose your preferred hand scrub method and apply following the guidelines below:

**Water Based Hand Scrub**
Three Minute Scrub

**Step One**
Wet hands and arms up to the elbows. Use nail pick to clean nails under running water.

**Step Two**
Wet sponge and squeeze to work up lather. Wash each finger, hand, and arm to two inches above the elbows using the non-abrasive sponge for a total scrub time of three minutes. 
*Note: Use brush side only on nails and cuticles or on areas of visible soil.*

**Step Three**
Rinse hands and arms from finger tips to elbows. Dry hands and arms with a sterile towel.

**Alcohol Based (Avagard)**
Apply to clean, dry hands and nails. For the first use of each day, wash hands and clean under nails with a nail stick. 
*Note: Any time debris is present, wash & dry hands before application.*

**Pump 1**
Dispense one pump (2ml) into the palm of one hand. Dip fingertips of the opposite hand into the hand prep and work under fingernails. Spread remaining hand prep from wrist to 2” above the elbow.

**Pump 2**
Dispense one pump (2ml) and repeat procedure with opposite hand.

**Pump 3**
Dispense final pump (2ml) of hand prep into either hand and reapply all aspects of both hands up to the wrists.
Summary of Hand Scrub Updates

• Choice of Water based hand scrub or Avagard

• Water based:
  – 3 minute scrub time
  – Use brush only on nails and cuticles- or visible soil
Summary of Updates, continued:

• Avagard:
  – Wash hands and pick nails before first application.
  – Wash and dry hands if soiled before any subsequent applications.
  – Apply product following manufacturer’s recommendations.