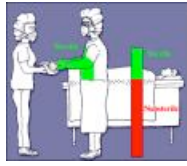


Sterile Technique



Setting Up a Sterile Field & Sterile Gloving

This material was developed by Mrs. Robin White, MSN while on the faculty in the Wright State University-Miami Valley College of Nursing and Health.

This material is based upon work supported by the Ohio Learning Network. Any opinions, findings and conclusions or recommendations expressed in this material are those of the author and do not necessarily reflect the views of the Ohio Learning Network.

Sterile Technique

- Read Kozier & Erb Chapter #29
- Read Kozier & Erb Techniques Chapter #12
- Establish & maintain a sterile field
- Apply & remove sterile gloves

Surgical Asepsis

- An object is **STERILE** only when it is free of all micro-organisms
- Used for many procedures including changing wound dressings, catheterizations, tracheostomy care & suctioning

Principles of Surgical Asepsis

- All objects used in the sterile field must be sterile
- Sterile objects when touched by non-sterile objects are no longer sterile
- DO NOT reach over the sterile field
- Sterile objects that are out of vision or below waist level are not sterile
- Sterile objects can become non-sterile by prolonged exposure to airborne micro-organisms
- Fluids flow in the direction of gravity
- Moisture passing through a sterile object contaminates the sterile field by capillary action
- The edges of a sterile field are considered non-sterile (1" surrounding)
- Conscientiousness, alertness & honesty are essential qualities in maintaining surgical asepsis
- The skin cannot be sterilized & is non-sterile

Opening a Wrapped Sterile Package/ Establishing a Sterile Field:

- Place in center of work area
- Reaching around (not over it!), pinch 1st flap on outside of wrapper
- Repeat for side flaps
- Pull the 4th flap toward you grasping the turned down corner
- Establish a sterile field using a drape- pluck the back of the drape & allow it to open freely without touching anything
- Lay drape across a clean, dry surface without reaching over it
- Use sterile forceps to handle sterile supplies

Adding Wrapped Supplies to Sterile Field:

- Unwrap sterile bowl as sterile package, and place on sterile field
- Open sterile packages, dropping contents on sterile field without contaminating sterile field



Adding Solution to a Sterile Bowl:

- Before pouring any liquid, read label 3 times to ensure correct solution & concentration
- Place lid of bottle "up"
- If previously opened, check date/time-contents are generally good for 24 hours-also, "lip" the bottle
- Pour solution gently to prevent splashing

Donning Sterile Gloves:

- Open the package, noting right & left gloves
- Put the 1st glove on the dominant hand using the folded cuff
- Pick up the 2nd glove with the sterile, gloved hand in the cuff of the glove
- Readjust each glove when both gloves are on

Sterile Gloving:

