

## Brushless Hand Scrub

(0:16 - 0:41)

Hello, I'm Mike from Surge Tech Academy and today I am going to demonstrate the brushless hand scrub. The brushless hand scrub is performed after we've opened supplies and before we gown and glove and is used as an alternate to the surgical hand scrub that I demonstrated in a previous video. We scrub our hands so that we lower the risk of hospital-acquired infections by reducing the number of transient and resident flora.

(0:42 - 1:09)

The good news is that new AORN standards say that the brushless hand scrub is less caustic to our skin, less abrasive to our skin, and is as effective. So we can use this brushless hand scrub for every scrub of the day as long as we remember to maintain our standard of performing a basic hand wash each time. Now although we can't consider our hands sterile after a surgical or brushless hand scrub, we can call them surgically clean.

(1:09 - 1:21)

Next I want to talk about brushless hand scrub agents. We use two different agents here at the Surge Tech Academy. We use sterilium and Avogard, which are both alcohol-based agents.

(1:21 - 1:32)

Please note, I do not have any declared commercial affiliation with sterilium or Avogard. This is not a paid endorsement. It's just simply what we use in lab.

(1:32 - 1:42)

Now the demonstration. As I just stated, first we need to perform a basic hand wash. Remember that it needs to be at least 15 seconds covering all the areas.

(1:42 - 2:00)

We do palm strokes, we do rotary strokes, we interlace strokes, wrist strokes, nail strokes. We rinse our hands with our fingers down, and we dry our hands with paper towels. Put the paper towels in a waste receptacle.

(2:01 - 2:22)

Next, we use Avogard, or in my case, I'm going to use sterilium. The standard for sterilium is about one application, which produces two millilitres of solution. It's my experience that two millilitres of solution isn't enough to cover any arms, let alone my arms that slightly resemble those of a gorilla.

(2:23 - 2:30)

So two pumps or two applications is my standard. So I'm going to go ahead and do that. One, two.

(2:31 - 2:47)

Next I'm going to dip my fingernails of the opposite hand into the solution and push back the cuticle. Give it two good pushes. That nail area underneath our nails has the greatest amount of bacteria, which is why we spend a little extra time on these.

(2:48 - 3:12)

Next we apply the solution to the hand, the webbing, the wrist, and the entire arm to two inches above the elbow. Remember, do not touch your scrub top. Next, I'm going to put one, two applications of sterilium, dipping my fingertips in there, my nails, pushing back the cuticle.

(3:16 - 3:30)

Again, fingers, hands, webbing, wrists, the entire arm to two inches above the elbow. Now I keep my arms chicken winged. I don't want to contaminate my elbows on my scrub top.

(3:31 - 3:39)

And I like them slightly forward of my body, again, just to prevent contamination. Then there is a third application. We can dispense it into either hand.

(3:42 - 3:56)

One, two. And in this application, we just work into our hands and into our wrists. At this point, we would back into the operating room, ensure that our hands are dry before we gown and glove.

(3:56 - 4:05)

We cannot use a sterile towel to wipe off the XX solution. We have to let it dry. And there it is, folks, a brushless hand scrub.

(4:06 - 4:15)

So, from Mike at Surge Tech Academy, wishing you a good day in surgery and reminding you to be a superstar in your OR.