

# Do's and don'ts for wearing gowns in non-surgical healthcare settings

Gowns are a type of personal protective equipment (PPE) worn by healthcare personnel (HCP) to:

- Protect the HCP from contact with blood or body fluids.
- Protect the HCP from organisms in the environment, on equipment, or from an infected or colonized patient.
- Protect patient from organisms that could be passed from HCP during invasive procedures, such as a central line insertion or surgical procedure.

Gowns are classified by their ability to withstand penetration by blood or body fluids. They can be:

## Isolation gowns:

A non-sterile gown used to keep clothing from getting contaminated. These are fluid resistant enough to keep body fluids away from clothing for a short period of time. Used for care of patients on contact precautions and for splash-generating procedures. May be disposable or non-disposable.

## Procedure gowns:

A non-sterile, usually disposable gown that may be fluid resistant or fluid impermeable, depending on the amount of body fluids involved in the procedure. Some examples where impermeable gowns should be worn include during endoscopy or assisting in vaginal birth.



## DO

**DO** perform hand hygiene before donning any PPE used during patient care, including gloves, gowns, and masks.

**DO** perform hand hygiene after doffing any PPE, including gloves, gowns, and masks.

**DO** wear a gown if you may come in contact with blood or body fluids, are caring for a patient on contact precautions, or are performing a surgical or invasive procedure (e.g., central line insertion).

**DO** secure the gown at the base of the neck and at the waist if design of gown allows or as indicated by manufacturer.

**DO** make sure the gown completely covers your clothing—front to back—if design of gown allows, or as indicated by manufacturer.

**DO** make sure the gown fits securely around your wrists with gloves pulled over the cuffs.

**DO** remove the gown by slowly rolling it inside out and away from your body. Keep contaminated front and sleeves inside the bundle.

**DO** remove a contaminated gown inside the patient's room or a designated area outside of the patient's room (anteroom).

**DO** dispose of a contaminated gown in the designated trash or laundry receptacle (if reusable).

**DO** follow the procedure for putting on gown tailored to the specific type of gown (e.g., over-the-head gown).

*Gowns used in the healthcare settings are defined and classified by the Association for the Advancement of Medical Instrumentation (AAMI).*

## DON'T

**DON'T** re-use the gown for the same or different patient. Disposable and reusable gowns are single time use items and should always be promptly disposed of in the garbage or laundry when care is complete.

**DON'T** push or roll gown sleeves up your forearm.

**DON'T** allow contaminated gowns to hang out of the garbage.

**DON'T** wear a contaminated gown outside of the patient care area (e.g., clean areas, nurses' stations, supply rooms, and hallways.)

**DON'T** wear a non-sterile gown when performing an invasive procedure or surgery. *Sterile gowns must be worn in these circumstances*

## References:

Kilinc F, A review of isolation gowns in healthcare: Fabric and gown properties. J Eng Fiber Fabr. 2015 Sep; 10(3): 180-190. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4791533>

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U.S. Food and Drug Administration. Medical Gowns. <http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/GeneralHospitalDevicesandSupplies/PersonalProtectiveEquipment/ucm452775.htm>

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Centers for Disease Control and Prevention. Considerations for Selecting Protective Clothing used in Healthcare for Protection against Microorganisms in Blood and Body Fluids. <http://www.cdc.gov/niosh/npptl/topics/protectiveclothing>

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Siegel JD, Rhinehart E, Jackson M, Chiarello L, and the Healthcare Infection Control Practices Advisory Committee, 2007 Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents In Healthcare Settings. <http://www.cdc.gov/ncidod/dhqp/pdf/isolation2007.pdf>

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AAMI. Standard PB70: Liquid barrier performance and classification of protective apparel and drapes intended for use in health care facilities. <http://www.aami.org/productspublications/ProductDetail.aspx?ItemNumber=1570>

