



ST. ANNE COLLEGE LUCENA, INC.



Class Beyond Quezon
Diversion Road, Barangay Gulang-Gulang, Lucena City

SCHOOL OF ALLIED HEALTH SCIENCES
College of Nursing

DONNING AND DOFFING OF PPE

DEFINITION

Donning means putting on and using PPE properly to achieve the intended protection and minimize the risk of exposure. Doffing means removing PPE in a way that avoids self-contamination. Personal Protective Equipment (PPE) – includes any gear to protect against infection (gloves, face masks, N95 masks/respirators, goggles, face shields, gowns, scrub suits, coveralls, shoes, booties/shoe covers).

OBJECTIVES

1. To help ensure that contaminants do not leave patients' rooms and lead to hospital-acquired infections.
2. To protect the health workers.

Equipment's:

Gloves

Goggles/ Face Shield

Cap

Mask

Gown

Donning Sequence:

1. Gown
2. Cap
3. Face Mask
4. Goggles/ Face Shield
5. Gloves

Doffing Sequence:

1. Gloves
2. Goggles/ Face Shield
3. Cap
4. Gown
5. Face Mask

PROCEDURE

Donning the Gown

1. Preparation of equipment.

Rationale: It is to save time and avoid leaving the sterile field or the PPE unattended.

2. Remove your watch and your rings, according to facility policy.

Rationale: Watch and jewelry harbor microorganisms.

3. Perform- Hand washing (follow the step in Hand washing technique).

Rationale: To prevent transmission of microorganisms.

4. Take the gown and allow it to unfold in front of you.

Rationale: Letting the gown unfold in front maintains aseptic technique by preventing contact with contaminated surfaces and ensuring the gown is properly oriented for safe donning.

5. Put on the gown and wrap it around the back of your uniform, making sure it overlaps and completely covers your uniform.

Rationale: Wrapping the gown fully around the back and ensuring complete coverage protects the uniform and skin from contamination, maintaining aseptic technique and reducing the risk of microorganism transmission.

6. Tie the strings or fasten the snaps or pressure-sensitive tabs at the neck. Then tie the waist strings.

Rationale: Securing the gown at the neck and waist ensures it stays in place, maintains full coverage of the uniform, and prevents gaps that could allow contamination, thereby protecting both the wearer and the environment from the spread of microorganisms.

Donning a Cap, Goggles/ Face Shield & Face Mask

7. Put on the cap/bonnet. Tied it at the nape. Cap must cover all hair entirely.

Rationale: Wearing a cap or bonnet that fully covers the hair prevents hair and scalp microorganisms from contaminating the sterile field or patient environment, thereby maintaining aseptic technique and reducing the risk of infection.

8. Place the mask snugly over your nose and mouth.

Rationale: Prevents exposure to airborne microorganisms or exposure to microorganisms from splashing of fluids.

a. Secure the ear loops around your ears or tie the strings at the middle of the back of your head and neck so the mask won't slip off.

b. If the mask has a metal strip, squeeze it to fit your nose firmly but comfortably.

c. If you wear eyeglasses, tuck the upper edge of the mask under the lower edge of the glasses.

Rationale: A secure fit prevents both the escape and the inhalation of Microorganisms around the edges of the mask.



9. GOGGLES OR FACE SHIELD: Place over face and eyes and adjust to fit.

Rationale: Provides additional protection against microorganism.

Donning Sterile Gloves

10. Select appropriate size of sterile gloves.

Rationale: A poorly fitting glove can limit the ability to perform the task and may be damaged easily.

11. Open sterile package correctly.

a. Open the sterile glove package carefully, touching only the outer wrapper.

b. Open the inner sterile package so that the gloves are exposed on the sterile field, cuffs toward you.

Rationale: Prevents contamination of the sterile gloves and maintains a sterile field.

12. Using the non-dominant hand, grasp the cuff of the glove for the dominant hand, touching only the inside of the cuff.

Rationale: The inside of the cuff will contact the skin; touching it does not contaminate the sterile outer surface.

13. Insert the dominant hand into the glove, keeping the cuff folded and avoiding contact with non-sterile surfaces.

Rationale: Prevents contamination of the glove while ensuring correct placement.

14. Slide the fingers of the gloved dominant hand under the cuff of the second glove.

Rationale: The outside of the first glove is sterile and can safely touch the sterile surface of the second glove.

15. Insert the non-dominant hand into the second glove.

Rationale: Maintains sterility by ensuring that only sterile surfaces come into contact.

16. Adjust the gloves by touching only sterile areas.

Rationale: Ensures proper fit without contaminating the gloves.

17. Keep hands above waist level and within the sterile field.

Rationale: Prevents accidental contamination from contact with non-sterile surfaces.

Doffing (Removal) Used Gloves

18. Pluck another glove near the cuff. Pull the glove over hand so that the glove inverts itself with the contaminated surface inside.

Rationale: This keeps the soiled parts of the used gloves from touching the skin of the wrist or hand.

19. Slide two fingers of the bare hands against the wrist under the cuff of the another glove.

Rationale: Touching the outside of the second soiled glove with the bare hand is avoided.

20. Slide the second glove off inverting it over itself and the first glove.

Rationale: The soiled part of the glove is folded to the inside to reduce the chance of transferring any microorganism by direct contact.

21. Discard gloves in the designated container.

Rationale: Hygienic purposes preventing spread of microorganism.

Doffing (Removal) Used Goggle and Cap

22. Remove goggles or face shield from the back by lifting head or ear pieces.

Rationale: Outside of goggles or face shield are contaminated.

23. If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container.

Rationale: Preventing spread of microorganism.

24. Remove cap (head gear) by untying strings at the nape. (inside out)

Rationale: Outer part of the cap is considered contaminated.

25. Discard the disposable cap in the waste container.

Rationale: Prevent transmission of microorganism.

Doffing (Removal) Used Gown

26. Unfasten ties. Peel gown away from neck and shoulder.

Rationale: It is to avoid contaminating the neck and shoulders.

27. Turn the contaminated outside toward the inside.

Rationale: It is to avoid touching the outer surface which is now considered contaminated or unsterile.

28. Fold or roll into a bundle. Drop it in hamper.

Rationale: To properly dispose of it and prevent transmission of microorganism.

Doffing (Removal) Used Mask

29. Unhook side loops from ears or untie the lower strings if using a mask with strings.

Rationale: This prevents the top part of the mask from falling onto the chest.



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30. Untie the top strings. Holding the top strings or side loops remove the mask.

Rationale: Touching only mask strings will not contaminate ungloved hands.

31. Bring the strings or loops together so that the inner part of the mask folds upon itself (inside out).

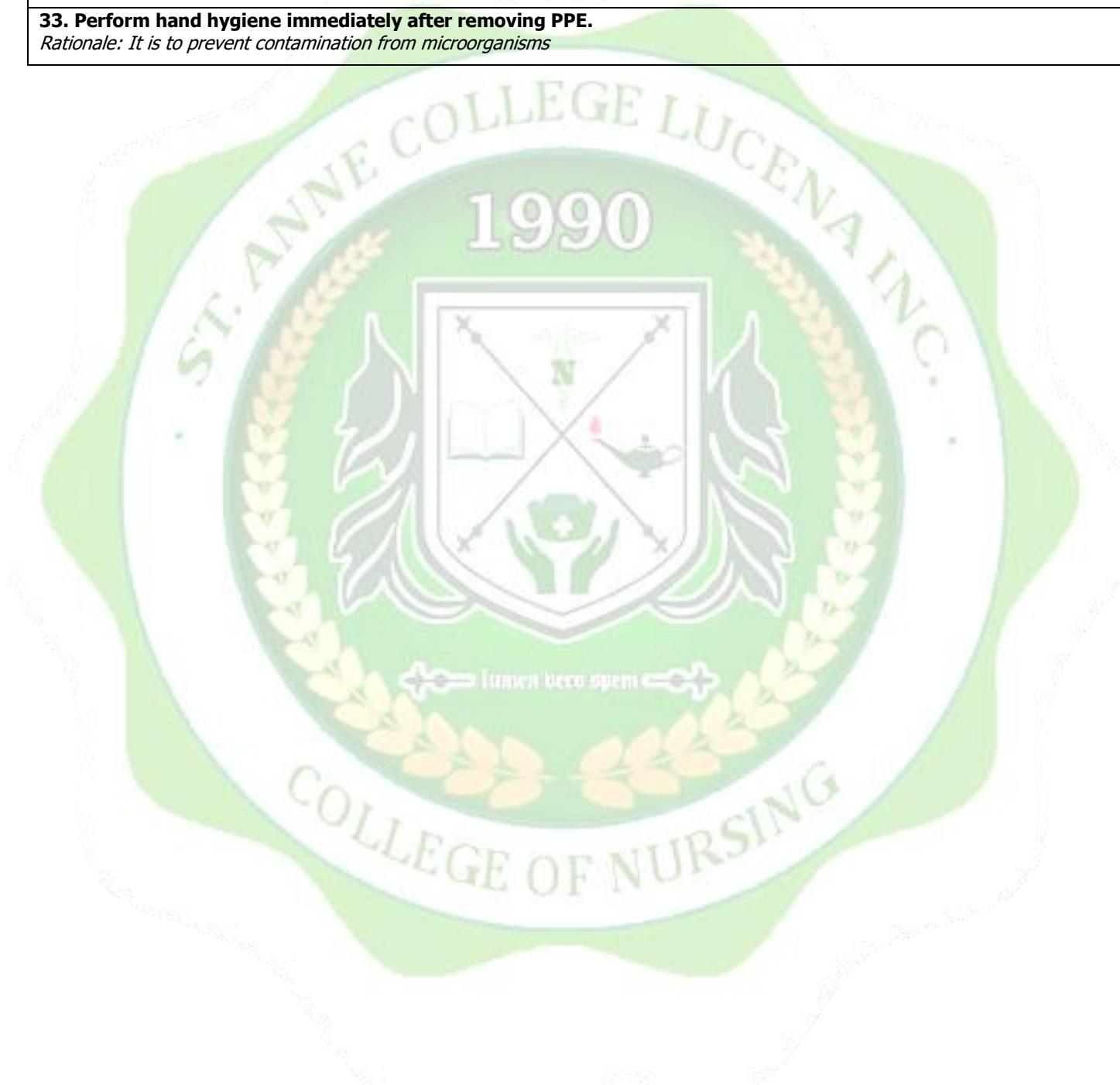
Rationale: This prevents contact with the moistened, contaminated portion of the mask.

32. Discard the disposable mask in the waste container.

Rationale: Prevent transmission of microorganism.

33. Perform hand hygiene immediately after removing PPE.

Rationale: It is to prevent contamination from microorganisms





Name of Student: _____

Date: _____

Level and Section: _____

Score: _____

CHECKLIST ON DONNING AND DOFFING OF PPE

INSTRUCTION: Rate the student using the following criteria after thoroughly evaluating the student in term of skills, knowledge and attitude.

Legend:

INTERPRETATION	POINTS	INDICATORS
EXCELLENT	4	Perform procedure consistently, with no guidance
SATISFACTORY	3	Perform procedure with minimal mistakes, without guidance
FAIR	2	Perform the procedure with major mistake, with minimal guidance
POOR	1	Perform procedure with major mistakes, with consistent guidance

PROCEDURE	4	3	2	1
KNOWLEDGE:				
1. Definition of Donning and Doffing.				
2. Objectives of Donning and Doffing				
3. Enumerate materials used.				
SKILLS:				
Donning the Gown				
1. Preparation of equipment.				
2. Remove your watch and your rings, according to facility policy.				
3. Perform- Hand washing (follow the step-in Hand-washing technique).				
4. Take the gown and allow it to unfold in front of you.				
5. Put on the gown and wrap it around the back of your uniform, making sure it overlaps and completely covers your uniform.				
6. Tie the strings or fasten the snaps or pressure-sensitive tabs at the neck. Then tie the waist strings.				
Donning a Cap, Goggles/ Face Shield & Face Mask				
7. Put on the cap/bonnet. Tied it at the nape Cap must cover all hair entirely.				
8. Place the mask snugly over your nose and mouth.				
a. Secure the ear loops around your ears or tie the strings at the middle of the back of your head and neck so the mask won't slip off.				
b. If the mask has a metal strip, squeeze it to fit your nose firmly but comfortably.				
c. If you wear eyeglasses, tuck the upper edge of the mask under the lower edge of the glasses.				
9. GOGGLES OR FACE SHIELD: Place over face and eyes and adjust to fit.				
Donning Sterile Gloves				
10. Select appropriate size of sterile gloves.				
11. Open sterile package correctly.				
a. Open the sterile glove package carefully, touching only the outer wrapper.				
b. Open the inner sterile package so that the gloves are exposed on the sterile field, cuffs toward you.				
12. Using the non-dominant hand, grasp the cuff of the glove for the dominant hand, touching only the inside of the cuff.				
13. Insert the dominant hand into the glove, keeping the cuff folded and avoiding contact with non-sterile surfaces.				
14. Slide the fingers of the gloved dominant hand under the cuff of the second glove.				
15. Insert the non-dominant hand into the second glove.				
16. Adjust the gloves by touching only sterile areas.				
17. Keep hands above waist level and within the sterile field.				
DoFFing (Removal) Used Gloves				
18. Pluck another glove near the cuff. Pull the glove over hand so that the glove inverts itself with the contaminated surface inside.				
19. Slide two fingers of the bare hands against the wrist under the cuff of the another glove.				
20. Slide the second glove off inverting it over itself and the first glove.				



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21. Discard gloves in the designated container.				
Doffing (Removal) Used Goggle and Cap				
22. Remove goggles or face shield from the back by lifting head or ear pieces.				
23. If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container.				
24. Remove cap (head gear) by untying strings at the nape. (inside out)				
25. Discard the disposable cap in the waste container.				
Doffing (Removal) Used Gown				
26. Unfasten ties. Peel gown away from neck and shoulder.				
27. Turn the contaminated outside toward the inside.				
28. Fold or roll into a bundle. Drop it in hamper.				
Doffing (Removal) Used Mask				
29. Unhook side loops from ears or untie the lower strings if using a mask with strings.				
30. Untie the top strings. Holding the top strings or side loops remove the mask.				
31. Bring the strings or loops together so that the inner part of the mask folds upon itself (inside out).				
32. Discard the disposable mask in the waste container.				
33. Perform hand hygiene immediately after removing PPE.				
34. Answer the questions politely				
35. Shows effort to improve performance				
36. Works harmoniously with the clinical instructor				
37. Report in clean uniform well-groomed and neat				

TOTAL SCORE: _____

GRADING: $\frac{\text{Total Score}}{\text{Total of the highest points}} \times 60 + 40 = \text{GRADE}$

COMPUTATION:

STUDENT'S SIGNATURE

CLINICAL INSTRUCTOR'S SIGNATURE