

# ANTT

## 1. Prepare the environment

- Make sure that scene is safe. Free of clutters, wires and spillage.
- Ward cleaning activities should be minimized (or stopped)
- Close windows and turn off fans at least 30min before procedure.
- Draw the curtains to provide privacy.

## 2. Handwash

- Wet hands, soap
- Palm to palm
- Back of left hand over right palm fingers interlaced and vice versa
- Palm to palm fingers interlaced
- Back of fingers over palm fingers interlocked
- Rotating motion over thumb
- Tip of fingers over palm
- Wrists
- Wash hands
- Dry with paper towel
- Throw towels to black bin

## 3. Introduce self (with wound dressing chart)

- Hello my name is Cezille I'll be your nurse for today. Can you tell me your full name please. Date of birth? **(Compare with chart!!) Recite hospital no.**
- Do you have any allergies? Are you in any pain at the moment?
- **Ask FULL NAME, DATE of BIRTH, ALLERGIES (latex or rubber materials)**
- Ask PREFERRED NAME
- Check if in pain

#### 4. Explain the procedure and gain consent

- I am here to change your wound dressing. This might feel uncomfortable and will take about 15min. Is it alright with you??
- Can I just check where the wound site is so that I will know the type of dressing to be used?
- I will just prepare the things needed and I'll get back to you.
- You have here your callbell in case you need anything.
- **HANDRUB BEFORE AND AFTER PT CONTACT.**

#### 5. Prepare trolley.

**(Make sure to keep curtains closed to prevent exposure)**

- Make sure that in the last 24h the trolley has been cleaned with soap and water.
- Cleanse the trolley (before and after use) with alcohol based wipes in a zigzag motion from back to front starting from the top shelf. The side poles then the bottom shelf.

**HANDRUB for 30sec.**

#### 6. Prepare materials (6 in trolley!!)

- New dressing, Dressing pack, alcohol handscrub, alcohol swabs, saline GLOVES, apron.
- **Check integrity of the materials and expiration date EACH!!!.**

7. Put on **apron. HANDRUB!** Proceed to pt. Confirm again **NAME, PAIN and ALLERGIES.** Ensure privacy and dignity.

**(NAME OF PT ASK IF SHES HAPPY TO DO THE PROCEDURE?)**

8. **HANDRUB!** Don non sterile gloves, loosen the dressing. **(TALK TO PT)**

9. Discard gloves. Handscrub.

10. **ONE STEP BACK FROM TROLLEY.** Open sterile pack. Peel off the edges. Make sure not to contaminate.

11. Get orange bag from inside then arrange the materials in the pack.

12. Remove dressing using the orange bag the invert. (speak to pt. I can see that your wound is dry and healing , no odor, no exudates). Place near the pt. Trolley or bed.
13. HANDSCRUB. Open new dressing. Check integrity and expiry date.
14. Get saline, swab it with alcohol for 30sec from top to bottom. Let it dry for 30sec and pour saline on to gallipot avoid splashes.
15. Handscrub. Don sterile gloves. Being careful not to contaminate.
16. Place TOWEL/DRAPE on area of wound. Ask pt to lift arm or leg up.
17. Tell pt: I'm going to start cleaning your wound this might feel uncomfortable and cold.
18. Get gauze with left hand which is the clean hand then soak with saline. Pass gauze from left hand to right which is the clean hand.
19. Wipe the wound using the dirty and clean hand technique. Make sure clean hand don't touch the dirty hand. Clean wound with gauze soaked with saline with one stroke.
20. After cleaning the wound, apply new dressing suitable for wound.
21. Remove drape and gloves and place in the center of the sterile field. throw dressing pack in orange bag.  
**HANDRUB!!**
22. (Tell pt that wound dressing should be changed every 3days but if you can see that its soaked with blood or serious fluid to notify. Explain to pt that the wound doesn't show any signs of infection and seems to be healing properly. Make sure pt is comfortable not in pain. Leave call bell with pt. Do you have any questions before I leave?
23. Remove apron pull forward without touching your clothes.
24. Hand washing.
25. Clean trolley. (explain same manner as earlier)
26. Document in wound care plan. Document date, time, size, characteristic of surrounding area, no. Of stitches, no exudates no odor, dry, type of dressing used.

If you have observed that there is swelling, if dressing is soaked with blood or anything, please just press the callbell and inform us.

[www.oscetrainer.com](http://www.oscetrainer.com)