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Effect of Preoperative Skin Cleansing on Instances of Surgical Site Infections

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Effect of Preoperative Skin Cleansing on Instances of Surgical Site Infections

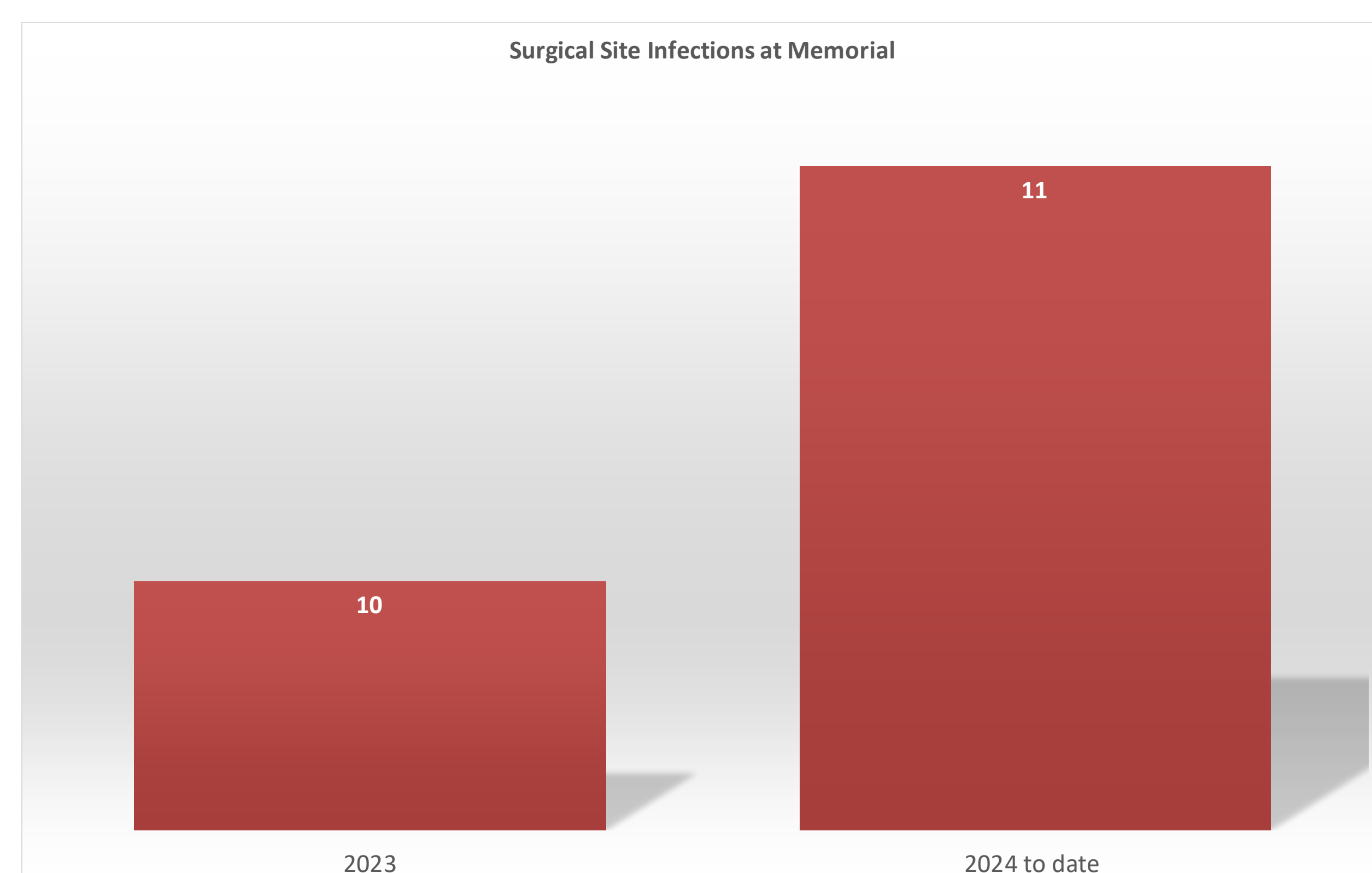
Memorial Hospital June 2023 Nurse Residency Cohort

Background

- On a single square centimeter of skin, there can be as many as 10 million aerobic bacteria
- Bacteria on a patient's skin is the leading cause of infection related to surgery
- 17% of all hospital acquired infections come from surgical site infections
- Surgical site infections cost about \$3,000-\$29,000 per patient
- Memorial Hospital has had 11 surgical site infections in 2024 alone.

Purpose

- The purpose of this project was to identify current preoperative skin preparation practices at Memorial Hospital and compare them to evidence-based practice guidelines to develop a protocol for surgical patients to follow in preparation for their surgeries. These guidelines will help to reduce surgical site infections related to skin preparation.



Future Implications

Surgical patients will shower or bathe with CHG body wash the night before and morning of surgery, unless otherwise ordered.

1. Shower:

- a. Instruct patient to shower and shampoo with regular product then to rinse.
- b. Instruct the patient to step out of the shower spray. Apply CHG solution to a fresh damp wash cloth. They should then wash from the shoulders down, adding more CHG solution as needed. Half of the 4 ounce bottle should be used for each shower. Do not wash face, head, or genital area with the CHG.
- c. Instruct the patient to step back under the shower spray and rinse thoroughly.
- d. Instruct patient to dry and don clean clothing.

2. Bed Bath or Bedside Bath:

- a. Assemble supplies for bed bath including basin, wash cloths, towels, clean gown, and CHG body wash.
- b. Do not use CHG on the face, head or genitals.
- c. Bathe patient first using regular soap or body wash and rinse.
- d. Refill basin with clean water
- e. Do not put the CHG solution into the bath water as this will dilute the product, apply CHG directly to damp wash cloth and reapply as needed.
- f. Wash all body areas below the shoulders, avoiding genitals and including the back of patient.
- g. Allow the CHG to remain on patient's skin in one area while bathing another area, then return to rinse the first area. This will allow contact time to assist in decreasing microbial count on the skin.
- h. Dress patient in dry, clean clothing.

PICO Statement

- Using a specific protocol for skin preparation preoperatively can significantly reduce the amount of surgical site infections as compared to current practices not specified by a protocol for patients to follow.

Recommendation

Non-emergent surgical patients, will be provided with CHG body wash or bath wipes and instructions to shower with it the night before and morning of surgery. Nursing staff will assist inpatients to shower or perform bed baths on bedbound patients. For scheduled surgeries, distribution of the CHG body wash will occur during the preoperative visit unless contraindicated by the patient's surgeon. Patients will be provided with written instructions on use.

References

- Center for Disease Control (CDC): Guidelines for Prevention of Surgical Site Infection
- Association of periOperative Registered Nurses
- Up to Date: Overview of the Evaluation and Management of Surgical Site Infection