

## HYGIENIC ASPECTS OF USING MEDICAL SCRUBS

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**Abstract Background:** This study aims at understanding the knowledge and hygienic practice gap among international medical students at Tashkent Medical Academy. By understanding this we can take necessary steps in prevention of the possible spread of infection and create awareness among medical professionals.

### Methods:

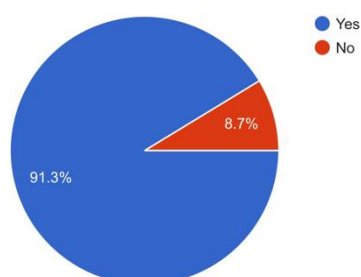
The cross-sectional study conducted among undergraduate students from 1st course to 6th course, International Faculty of Medicine at Tashkent Medical Academy, Uzbekistan. Google form entitled "Your medical scrub" comprising of 14 questions were sent via Whatsap, Telegram and Instagram. Even personal communication was done with students.

### Results:

A total of 23 students from 1<sup>st</sup> course to 6<sup>th</sup> course out of which 57.1% (n=13) males and 42.9% (n=10) females. 34.8% students participated were from 1st course, 13% from 2nd course and 5th course, 26.1 % from 3rd course, 8.7% from 4th course while only 4.4% from 6th course. 57.1% male students and 42.9% female students. 91.3% know what medical scrubs are. Majority of students reported permissible areas. 43.5% students know that protective gowns need to be worn over medical scrub. 47.8% students use washing machine as their laundry method. About 30.4% students what is their medical scrub by hands. Only 8.7% students use hospital laundry service while 13% students dry clean their scrub. 65.2% students wash medical scrubs separately. 34.8% students wear their scrubs on normal class as well. About 12.5% students use their medical straps in the canteen while 6.3% students use in Chorsu and as nightwear. Most students feel comfortable wearing medical scrubs. 60.9% students reported not having received guidelines regarding medical scrub use from university.

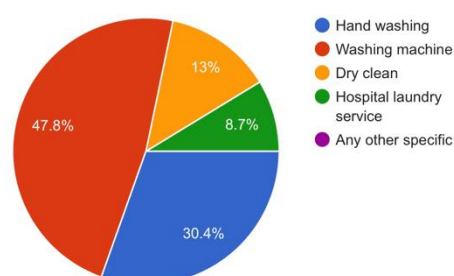
Do you know what are Medical scrubs?

23 responses



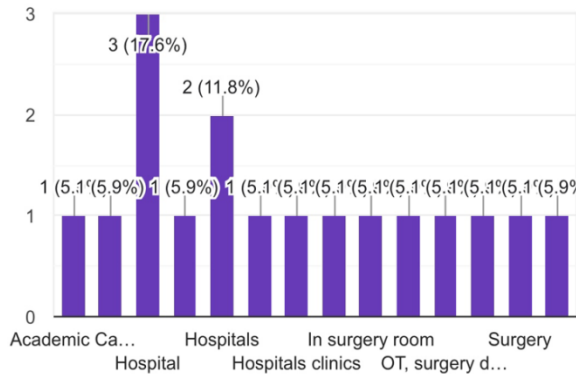
What laundering method do you use to wash your scrubs?

23 responses



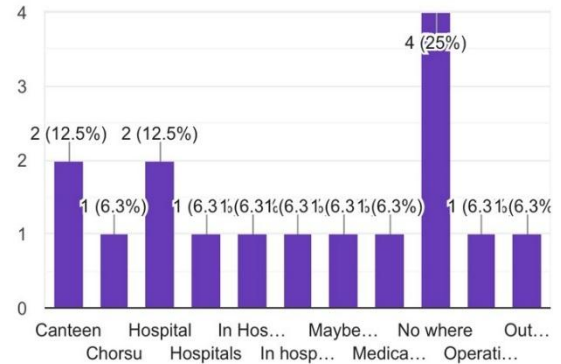
**Areas where medical scrubs are allowed?**

17 responses



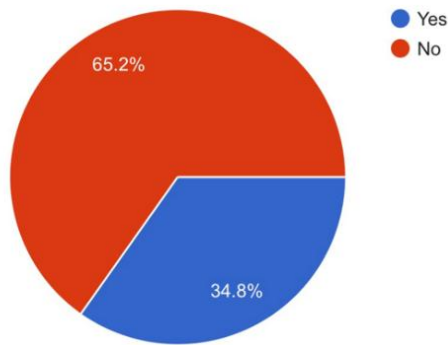
**Apart from campus where do you use your medical scrub?**

16 responses



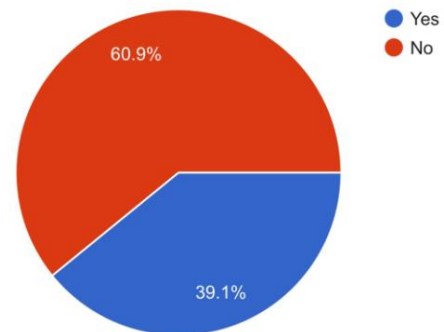
**Do you wash your medical scrubs along with your other clothes?**

23 responses



**Did you receive any information on medical scrub usage importance from your university/ academy?**

23 responses



**Recommendations:**

Always wash hands before touching scrubs and wear clean attire. Try to protect scrubs from exposure to blood and body fluids by wearing a gown during clinical rounds. Wash your scrubs separately after each use: Medical scrubs should be washed separate from other clothes after every use to prevent the spread of bacteria and other pathogens. Wear head covers, mask, shoe cover. Use a high-temperature wash: Scrubs should be washed at a high temperature to kill any bacteria that may be present on the fabric. Avoid cross-contamination: Do not wear your scrubs outside of the hospital or clinic, and do not wear them in public places such as restaurants or grocery stores. Store your scrubs properly: Keep your scrubs in a clean, dry place, away from other clothing items.

**Conclusion:**

Medical students have sufficient knowledge about medical scrubs, but they fail to practise them. The majority of students reported not received any guidelines regarding medical

scrub. By following the recommendations mentioned above, medical students can help prevent the spread of infectious diseases and promote a healthy and safe work environment.

**Impact on health and environment: -**

The importance of maintaining scrub hygiene cannot be overstated. Unhygienic scrubs can lead to the spread of infectious diseases, which can be dangerous for both patients and healthcare workers.

Additionally, unclean scrubs can contribute to the development of antibiotic-resistant bacteria, which is a growing public health concern. Furthermore, unhygienic scrubs can have negative impacts on the environment. The use of disposable scrubs contributes to the accumulation of medical waste, which can have harmful effects on the environment if not disposed of properly.

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