

“Gloving” in a medical context typically refers to the process of donning (putting on) and doffing (taking off) medical [gloves](#). Wearing gloves is a fundamental practice in healthcare to protect both healthcare workers and patients from the transmission of infections and to maintain aseptic conditions during medical procedures. Here are some key aspects of gloving in healthcare:

Donning Gloves:

Hand Hygiene: Before donning gloves, healthcare workers should perform hand hygiene using soap and water or an alcohol-based hand sanitizer. **Glove Selection:** Choose the appropriate type and size of gloves for the intended task. Different gloves are designed for various purposes, such as examination gloves, surgical gloves, or specialized gloves for certain procedures. **Putting on Gloves (Donning):**

Inspect Gloves: Check gloves for any visible defects or damage before putting them on. **Open the Package:** Open the glove package carefully to avoid contamination. **Put on the First Glove:** Insert your hand into the first glove, ensuring that the glove covers your entire hand and wrist without gaps. **Put on the Second Glove:** With the first glove on, use the gloved hand to put on the second glove. Be careful not to touch the exterior of the gloves with bare hands. **Doffing Gloves:**

Sequence Matters: The order of glove removal is crucial to minimize the risk of contamination. **Remove the First Glove:** Pinch the exterior of the first glove near the wrist and peel it off, turning it inside out. **Hold Removed Glove:** Hold the removed glove in the opposite gloved hand. **Remove the Second Glove:** Slide fingers under the second glove without touching the exterior, turning it inside out as it is removed. **Dispose of Gloves Properly:** Discard used gloves in the appropriate waste container. **When to Change Gloves:**

Change gloves between patient contacts, and if the gloves become damaged, contaminated, or visibly soiled during a procedure. Avoid wearing the same pair of gloves for multiple tasks or procedures. **Hand Hygiene After Gloving:**

After removing gloves, perform hand hygiene again to ensure hands are clean. Proper gloving techniques are essential for infection prevention and control. In addition to following these steps, healthcare workers should be aware of the type of gloves required for different situations and procedures. It's crucial to adhere to institutional policies and guidelines related to glove use and hand hygiene.

Keep in mind that proper gloving is just one component of a broader set of infection control practices that include hand hygiene, proper use of personal protective equipment (PPE), and adherence to standard precautions.

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