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# Surgical Asepsis Instruments and Suturing

Practical 08 / Skills laboratory simulation

## Aim

Set up an aseptic field, identify common surgical instruments and close a model wound.

## Principle

Protecting key parts and the sterile field reduces contamination. Appropriate tissue handling and approximation reduce avoidable damage.

## Materials and Requirements

- Suture pad, needle holder, forceps, scissors and training sutures
- Sterile practice pack, gloves and sharps container

## Procedure

1. Check identity of the procedure and pack indicators, integrity and expiry. Perform hand hygiene and establish a clean, organised practice area.
2. Review the model wound, planned closure and sterile supplies. Check packaging condition and expiry and arrange the sharps bin and instrument count before opening the field.
3. Open the pack without passing over the sterile field. Demonstrate glove use and protect key parts. Replace contaminated supplies.
4. Open the sterile pack by its edges and separate clean working surfaces from unused or used equipment. Demonstrate how clean gloves handle key parts and declare a simulated aseptic break immediately.

Continue with step 5 on the next page.

# Procedure Continued

Surgical Asepsis Instruments and Suturing

5. Identify the purpose of the needle holder, tissue forceps and scissors. Load the needle with the holder and control the sharp throughout.
6. Identify the needle's curve, the holder and the tissue-contact instruments on the tray. Check grip and line of movement with faculty and keep the sharp under control.
7. On the pad, place a simple interrupted stitch with balanced bites and gentle approximation. Demonstrate a faculty-taught secure knot and cut the ends as directed.
8. Take comparable bites on either side of the practice incision using the model's marked landmarks. Bring edges together without puckering and tie the approved knot with controlled tension.
9. Inspect approximation, count and dispose of sharps and record the skill attempt.
10. Compare the completed stitches for spacing, approximation and tension. Recount instruments and sharps, dispose as trained and record one issue to correct on the next pad attempt.

## Precautions

- Use a practice pad and approved sharps handling.
- Address each break in asepsis at once.

# Observations and Interpretation

Surgical Asepsis Instruments and Suturing

## Observations and Record

| Item | What to record | What it tells you |
|---|---|---|
| Field | Pack check, preparation and any break in asepsis | Confirms safe setup |
| Stitch | Even bites, edge approximation and tension | Assesses closure quality |
| Finish | Counts, disposal and teaching record | Reduces sharps harm |

### Worked Example

Two trainer stitches approximate the simulated skin, but one visibly indents the pad. The student repeats it with lower tension.

## Result and Interpretation

Balanced approximation and a stable knot demonstrate control. Document contamination or sharps risks that arose in the practice attempt.

## Viva Questions and Answers

### What is a key part?

A component whose contamination could introduce organisms into a vulnerable site.

### Why avoid excessive tension?

It can compromise tissue and impair healing.

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