

Midwife's Assistant Resource Guide-Birth Set-Up

The Steps for Using Clean Technique to Set Up a Birth Tray

Steps:

1. Begin by gathering all materials, wash/dry your hands properly, and then put on a pair of clean gloves
2. Use a cookie sheet/cutting board and place a clean chucks pad over the top
3. Place utensils on top of the chucks pad (delete, bulb syringe, umbilical cord clamp, package of sterile instruments, sterile gloves, 4x4's, lubricant)
4. Top off the tray with a clean chucks pad to prevent dirtying up the equipment prior to delivery

Important Points to Remember:

- This is a clean procedure, not a sterile procedure
- While it is not a sterile procedure, it is still important to minimize the spread of germs. This is done by wearing proper PPE to set up the tray and then topping the tray with a clean chuck pad as the last step.



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The Steps and Important Points of Setting Up a Suture Tray Using Sterile Technique

Steps:

1. Place sterile chucks pad under the birthing parent's bottom
2. Open up the suturing equipment, only handling the outside edges to maintain its sterility (needle driver, scissors, 4x4's)
3. Open suture and place in sterile field
4. Open the needle and syringe that will be used for the lidocaine
5. Open the package of gloves and (depending on the midwife's preference) gel as well. Place these items on the outer edges of the sterile field, not coming in contact with the sterile equipment.
6. Don sterile glove onto dominant hand
7. Draw up lidocaine. Do so by grabbing the sterile needle and syringe with the gloved hand. With the ungloved hand, wipe down the top of the lidocaine bottle with an alcohol wipe. Grab the bottle with the ungloved hand and turn upside down. With the gloved hand, grab the needle and syringe and insert it into the bottle. Draw up 2mL of lidocaine. Recap with the sterile gloved hand and place back into the sterile field.

Important Points to Remember:

- When handling sterile equipment, do so with clean gloves on making sure to touch only the outside of the packaging encasing the equipment.
- When opening each package to place the equipment on the sterile field, do not come in contact with the equipment, simply open the package and drop the items on to the tray.
- Double wrapping is advised for sterile items.