

# **Medical Student Dress Code**

Health Sciences students, staff, and practitioners are required to place a high value on personal appearance, including attire. The reasons are rooted in concerns for infection control, communication and cultural sensitivity. This document sets forth standards for dress and appearance necessary to meet the service and safety objectives of placing patient welfare first and the educational objectives of preparing the student to assume the role of a professional health care worker. Patient trust and confidence in the health care provider are essential to successful treatment experiences and outcomes. The message communicated by the caregiver by his/her dress and appearance plays a fundamental role in establishing this trust and confidence. Students should consider the cultural sensitivities of their most conservative potential patients and present yourself in a manner that will earn their respect, ensure their trust, and make them feel comfortable. Recent trends in clothing, body art, and body piercing may not be generally accepted by your patients, and should not be worn by medical students.

## **General Standards**

- Name badges identifying you as a medical student must be worn at all times and clearly visible to those with whom you are interacting. There is research that suggests wearing the name badge on your right allows the person you are meeting to read your name as you extend your right hand for a handshake.
- Good personal hygiene is to be maintained at all times. This includes regular bathing, use of deodorants/antiperspirants, and regular dental hygiene.
- Avoid distracting perfumes or colognes (may precipitate allergies or sensitivities).
- Cosmetics should be used in moderation.

## **Hair Maintenance**

- Hair should be neat, clean.
- Hair should be styled off the face and out of the eyes.
- Shoulder length hair must be secured to avoid interference with patients and work.
- Avoid scarves or ribbons (unless culturally appropriate).
- Beards/mustaches must be neatly trimmed.

## **Jewelry**

- Keep jewelry at a minimum (represents potential for cross-infection).
- The following are permitted: a watch, up to four rings, small earrings (large earrings are distracting and may be pulled through the ear), academic pin/s, other pins, badges, or insignias which represent an award, modest bracelets/s and necklace chains. Appropriate holiday pin during the holiday is suitable.

## **Dress, Shoes, and Hand Care**

- Clothing should be clean, professionally styled and in good repair.
- Men: tailored slacks, dress shirt and necktie is appropriate attire.
- Women: Dresses, skirts of medium length, tailored slacks, shirt or blouse is the appropriate attire.
- Shoes must be comfortable, clean and in good repair. Shoes should be worn with socks or hose.
- A shirt may be left untucked if it has a straight hemline (tunic).
- Fingernails should be clean and of short to medium length. Muted tones of nail polish are appropriate for women. No artificial nails.

### **Scrub Suits**

- These are to be worn in specific patient care areas only.
- They are the property of the hospital and are not to be defaced, altered or removed from the hospital.
- If a scrub suit must be worn outside these areas, it must be clean and then covered with a clean, white lab coat. Shoe covers, masks, and hair covers must be removed before leaving the clinical area.
- Stained or soiled scrub suits must be changed as soon as possible (source of contamination).

### **The Following Items Are Specifically Prohibited In The Hospital Or Clinic Situations**

- Sandals or open-toed shoes, high-heeled or canvas shoes (blood or needles may penetrate the fabric).
- Midriff tops, tee shirts, halter, translucent or transparent tops, shorts or tops with plunging necklines, tank tops or sweatshirts.
- Buttons or large pins (could interfere with function, transmit disease or be grabbed by the patient).
- Extremes in neckline or hemlines are inappropriate. Dress sweaters may be worn.
- Leggings, jeans style or colored denim pants, shorts, Bermudas, stretch tights or athletic clothing (sweats or jogging outfits) are not appropriate.