Skin Preparation for Preventing Infection Following Cesarean Section

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Fenton, Levi; Barford, Alexandra; Barnett, Adrienne; and Becker, Meghan, "Skin Preparation for Preventing Infection Following Cesarean Section" (2014). *The Research and Scholarship Symposium.* 6.

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Skin Preparation for Preventing Infection Following Cesarean Section
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PATIENT CARE ISSUE

Background & Significance:
- Cesarean sections make up 32.8% of births in the United States. 1
- Most hospitals use chlorhexidine or iodine for preventing surgical site infection post cesarean section. 2
- Approximately 300,000-500,000 SSI’s a year. 3
- Current infection rate after c-section is 1-4%. 4
- Though many hospitals use different methods of disinfecting, it is not certain which method is the most effective.

EVIDENCE-BASED PRACTICE QUESTION

Question: Which antiseptic, chlorhexidine or iodine, is more effective in preventing post-operative infection after a cesarean section?

Population: Expectant woman who were going to have a cesarean procedure.

Intervention: Using an antiseptic agent to prevent infection after a surgical procedure.

Comparison: Chlorhexidine and iodine antiseptic agents.

Outcome: To decrease rates of post-operative infection

REGISTERED NURSE INTERVIEW

Interview with R.N. at Miami Valley Hospital who worked on the labor and delivery unit.
Preparation for cesarean surgical skin incision included:
1) Painting the abdomen with iodine from the navel to the groin
2) Wiping down the iodine with a sterile towel
3) Repeating this process three times before putting the drapes in place.

METHODS

The methods used in this research study included databases:
- PubMed
- Web of Science
- CINAHL
- Cochrane
- OneSearch
- Wiley Online Library.

Keywords searched were: c-section infection, c-section pre-op, iodine vs chlorhexidine, iodine preoperative care, iodine skin care, skin antiseptics, iodine as antiseptic, chlorhexidine and infection and skin prep.

Inclusion Criteria: Literature that talked about SSI’s, c-section and preoperative skin care, and literature related to iodine and chlorhexidine

Exclusion Criteria: Studies done prior to 2004 and articles that contained surgeries that were not preoperative

SYNTHESIS OF EVIDENCE

Literature review of 14 articles

Target Antiseptics: Chlorhexidine and Iodine

<table>
<thead>
<tr>
<th>Chlorhexidine is more effective</th>
<th>6/14(5,6,7,8,9,12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comparison Studies between Chlorhexidine and Iodine</td>
<td>9/14(4,5,6,7,8,9,10,11,12)</td>
</tr>
<tr>
<td>Iodine is More Effective</td>
<td>3/14(2,13,14)</td>
</tr>
</tbody>
</table>

RESULTS

- The use of chlorhexidine instead of iodine is more effective in preventing surgical site infections based on literature review
- Recommendations are made for institutions not using chlorhexidine in their daily practice

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

(1) Use chlorhexidine to paint abdomen from navel to groin before a cesarean section.
(2) If budgets are set, increase budget to account for increase cost of chlorhexidine.

LIMITATIONS

- Limited studies found that contained information about surgical site infections and cesarean sections
- Some pertinent articles conducted research outside of the United States

ACKNOWLEDGEMENTS

RN nurse at Miami Valley Hospital in the Labor and Delivery Unit.
Dr. Carrie Keib

REFERENCES

9) The Journal of Maternal-Fetal & Neonatal Care, 1(3), 246-251. doi:10.1097/01.AOG.0000134918.30635.3c