



## STUDENT DRESS CODE

### **I. Policy Statement**

As representatives of the medical profession, all medical students are expected to maintain an image that conveys credibility, trust, respect, and confidence in one's colleagues and patients. Appropriate dress is also essential to enhance patient safety in the clinical setting. When students are assigned to clinical activities in any of the College of Medicine's clinical settings, they should consider themselves as representatives of California Northstate University College of Medicine (CNUCOM). Attire and behavior should promote a positive impression for the individual student, the specific course, and the institution. In addition to the guidelines outlined below, certain departments and some clinical affiliate institutions may require alternative or additional dress guidelines, which must be followed.

### **II. Purpose**

This policy is designed to ensure that students present a professional appearance consistent with what is expected in a clinical setting and the profession.

### **III. Scope/Coverage**

This policy applies to all CNUCOM students. This policy applies to all real or simulated clinical activities.

### **IV. Policy Procedure & Definitions**

a. Students will receive feedback about their grooming and attire from standardized patients, faculty, Course Directors, and peers when appearance does not meet expectations for professional, laboratory and/or clinical environments.

#### **i. Classroom**

1. Professional dress, such as collared shirt, slacks, and blouses are preferred. Shirts and blouses must extend, at least, to the waistband of the skirt or pants.
2. Students are permitted to wear casual slacks, jeans, and T-shirts, provided they are clean, in good repair, and do not contain any

offensive language or pictures. Shorts and skirts of mid-thigh length or longer are permitted, except on lab days.

3. Perfume/cologne/body sprays are strongly discouraged in the clinical setting due to the high potential for distraction and triggering others' sensitivities/allergies.

## ii. Clinical Settings

1. Standards of dress and appearance in a Clinical Setting, including the Objective Structured Clinical Examination (OSCE) area, Simulation Lab, clerkships, and rotations.

### a. Clothing

- i. Students must wear professional clothing such as a button-down shirt, long pants, socks, and hard-soled shoes, or a dress (medium length) or professional style slacks or skirt and a blouse. Bow ties and neck ties are acceptable, however long ties will need to be clipped to the shirt to avoid contact with the patient. A white coat with the CNUCOM logo and a name badge is required. Clothing should be neat and clean and appropriate for the clinical setting.
- ii. Examples of inappropriate attire in the clinical setting include, but are not limited to, the following:
  1. Blue denim jeans of any length.
  2. Pants or slacks that are not in good condition.
  3. Exercise or workout clothing, including sweatpants, spandex, or leggings.
  4. Caps or hats, unless worn for medical or religious reasons.
  5. Shirts or other clothing with images, wording, or logos that may be perceived as offensive by patients, families, or others.
  6. Tank tops, halter tops, translucent tops, tops with low necklines, spaghetti strap tops, or tops that leave the cleavage, undergarments, midriff or back exposed.
  7. Clothing that exposes undergarments.
  8. Wearing sunglasses indoors (either covering the eyes or worn on head), unless needed for a medical condition.

9. Sleeveless shirts; shorts; overalls; form fitting and/or revealing clothing; dresses or skirts shorter than 2 -3 inches above the knee.
- b. Scrubs
    - i. In general, medical students should wear their own clothes with the white coat (rather than scrubs) for patient care assignments in clinics and when performing inpatient services. Scrubs must be worn in compliance with the policies of the institution in which the medical student is assigned for patient care rotations. They should never be worn in public places outside the clinical care facility. Scrubs may only be worn in specific patient care areas. If scrubs must be worn outside of the designated clinical area, they should be covered with a white coat. Scrubs should not be taken home without prior written authorization from the providing institution.
  - c. Shoes
    - i. Shoes must be closed-toed and closed-heeled, comfortable, neat, clean, and appropriate for the job functions and duties. Flip-flops, slippers, or open-toed shoes/sandals are NOT allowed in the clinical setting.
  - d. Hair
    - i. Hair must be neatly groomed and clean. Long hair may not obstruct vision nor interfere in any way with the student's clinical performance. A hair restraint, i.e., hair net, may be required in certain settings. Also, hair color and style must be appropriate for the clinical work environment.
  - e. Facial Hair
    - i. Facial hair Must be neatly groomed, clean, and must not interfere in any way with the student's clinical performance. For safety and infection control reasons, students working in some areas of the hospital, such as operating rooms, may not be permitted to have beards, or may be required to wear beard guards.
  - f. Fingernails
    - i. Fingernails should be short, neat, and clean. Long fingernails are a safety hazard to self and others. Nail

polish is permitted if not chipped. Artificial nails are not permitted.

- g. Jewelry
  - i. Jewelry must be reasonable in shape and size, appropriate to the work setting, as defined by the clinical supervisor, and should not interfere with patient care, job performance, or safety. Earrings and small nose studs are the only acceptable forms of visible pierced jewelry. Rings must be small enough to allow for the use of gloves, with no risk of tearing.
- h. Tattoos
  - i. Tattoos are to be always covered when in the clinical setting.
- i. Gum
  - i. Students will not chew gum when in clinical settings.
- j. Fragrance
  - i. Perfume/cologne/body sprays are strongly discouraged in the clinical setting due to the high potential for distraction and triggering others' sensitivities/allergies.
- k. Other
  - i. Hair covers, masks, shoe covers, and gowns should be removed before leaving the designated clinical areas and should not be worn while in the outpatient clinics or when making rounds on the inpatient services, unless permitted by the institution.
- l. NOTE:
  - i. While wearing a white coat in the clinical setting, medical students are expected to verbally identify themselves as students and must assume responsibility to clarify their role to patients.

### iii. Research Laboratory

1. The CNUCOM dress code for the research laboratory is for the safety of the student and must follow Occupational Safety and Health Administration Occupational (OSHA) regulations. The basic safety rule is to dress in such a manner that will minimize safety risks.
  - a. Clothing
    - i. Clothing should be comfortable and appropriate for the work and must be clean and neat. Lab regulations strictly prohibit shorts, skirts, and short

dresses. Exposed skin is at risk for contact with hazardous material and burns.

- b. Visible
  - i. Exposing cleavage, hips, stomachs, or lower backs are also not allowed. Spaghetti strap shirts, belly shirts, tank tops, tube tops, bare midriffs, and deep U or V necks are not professional attire.
- c. Jeans
  - i. Jeans may be appropriate attire based on the setting in which the student is working. When worn, jeans must be clean and neat.
- d. Hair
  - i. Hair must be clean and groomed Long hair must be tied back to avoid becoming burned, contaminated, or trapped in lab equipment. Similarly, jewelry and any hanging article of clothing should be avoided.
- e. Fingernails
  - i. Nails should be short, neat, and clean. Long fingernails are a safety hazard.
- f. Fragrance
  - i. perfume/cologne/body sprays are strongly discouraged in the clinical setting due to the high potential for distraction and triggering others' sensitivities/allergies.
- g. Shoes
  - i. Shoes must meet OSHA safety standards and regulatory requirements relative to the specific work location. Open-toed and open-heeled shoes, perforated shoes and canvas sneakers are not allowed in the laboratory areas or other areas subject to foot safety concerns. Footwear must be clean, in presentable condition, and professional. Flip flops are not appropriate.
- h. Research Lab Coats
  - i. Lab coats must be always worn inside the laboratory. Lab coats may not be worn out of the working area in the central facility. Therefore, the first thing to do when entering the laboratory is to put the lab coat on. Likewise, when finished and before exiting the lab area the lab coat should be taken off. To work in the

cell culture room, only specific lab coats kept inside the room must be worn.

- i. Gloves and Eyewear
  - i. Gloves and protective eyewear must be worn in appropriate locations.
- j. Note:
  - i. All non-laboratory employees, and visitors must wear a lab coat when visiting or conducting business in the laboratory work area. Extra coats are made available for these temporary uses.

#### **iv. Anatomy Lab**

- 1. Lab Coat
  - a. A lab coat must be always worn in the laboratory and should be long-sleeved, comfortable, and easy to work in. It should be laundered frequently.
- 2. Pants
  - a. Short pants and skirts are prohibited.
- 3. Clothing
  - a. Clothing must cover any part of the body that could be contaminated or come in contact with the cadaver or chemical fluids.
- 4. Shoes
  - a. Shoes must be worn that cover the entire foot. Shoes should protect the feet from accidental chemical drip and should provide sufficient traction for use in the lab where the floor has the possibility of moisture. It is recommended to have a pair of shoes for anatomy lab use only.
- 5. Covers
  - a. Shoe covers and particulate masks will be kept in the lab for use when needed. If you find that you have a chemical sensitivity (respiratory or mucosal irritation), please contact the Instructor or the Lab Manager immediately.
- 6. Gloves
  - a. Gloves must be always worn when in the Anatomy Lab.
- 7. Eyewear
  - a. Eyewear: Proper protective eyewear is always recommended (while eyeglasses provide some protection, they are not considered sufficient). Protective eyewear is mandatory when using power tools in the Lab.

8. Hats
  - a. Hats: Baseball caps or other hats are not permitted. Surgical caps and head coverings prescribed for religious/cultural observation are permitted.
9. Hair
  - a. Hair must be clean and groomed. Long hair must be tied back.
10. Fragrance
  - a. Perfume/cologne/body sprays are strongly discouraged in the clinical setting due to the high potential for distraction and triggering others' sensitivities/allergies.

*Approval Record*

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*Review every three (3) years or more if required.*