Dress Code and Professionalism “‘Decorum’” for Medical Staff and Medical Students

Adapted from a presentation by Ghassan Hamadeh, MD, CPE
Dec 2011
Professionalism is:

• **Observable** behaviors that demonstrate ideal performance, it may include the professional look

• What happens when no one is looking

• A set of agreed upon values / virtues
  – Values are **what** a person deems as a proper set of rules.
  – Virtues are **how** a person carries out these rules
Notion of Professionalism

Four key features help separate professions from other occupations:

- The learning and teaching of expert knowledge
- The use of this knowledge to serve a purpose that is highly valued by society, or is of necessity to its members
- The self-regulation of professionals according to a code of conduct
- The professional look or appearance
Decorum

• Image:
  – Positive attitude
  – Name Badge/ID visible

• Behavior:
  – Following HIPAA regulations
  – Not using offensive language
  – Not ridiculing other professionals, students, or patients
Hair

• Should be clean & neat
• Hair ornaments moderate and in good taste
• Not dyed unnatural colors
• $\geq$ Shoulder length should be pulled back or covered
Facial Hair

• Allowed!
• MUST:
  – Be well-groomed
  – Be closely trimmed
  – Not interfere with personal protective gear (e.g. masks, goggles, etc)
Daily Hygiene

• Emphasis on DAILY
• Clean:
  – Teeth
  – Hair
  – Body (incl. deodorant)
  – Clothes (no dirty scrubs)
• Clothing should be pressed and in good condition (not worn or frayed)
Fingernails

• Nails must be conservative length
  – < 1/2 inch from end of fingertip
• Polish:
  – Solid colors
  – All nails the same color
  – **NOT:** black, blue, green, purple, or yellow
  – **NO** nail art or nail jewelry is allowed.
• **No artificial nails allowed!**
Scents/Perfume

• Allowed IF:
  – Mild
  – Not used to mask body odor (see Daily Hygiene slide)
  – You should be using deodorant anyway!

• Keep patients in mind!
  – Allergies
  – Nausea/headaches
Make-up

- “Enhance a natural look”
- Should not detract from natural appearance
Permissible Jewelry

• A wedding set and one ring per hand
• **ONE** simple chain bracelet
• **ONE** watch
• No more than **TWO** earrings per ear
• No visible body piercing is permitted
Skirts and Pants

• **Skirts:**
  – No shorter than 3” above knee
  – Not tight fitting

• **Pants:**
  – Not tight fitting

• **NO:**
  – Denim (of ANY color)
  – Spandex
  – Leggings
  – Athletic wear
  – Sweat suits
Belly Buttons

• To show??
• Or NOT to show??
• THIS IS NOT THE QUESTION!
• Proper attire should fully cover your midriff.
Shoes

• Clean and in good condition
• Heels no higher than 3”
• Leather sneakers in conservative color
• NO:
  – Casual sandals
  – Canvas sneakers
Scrubs

• They’re comfy like PJs.
  – (You may even wear them as such at home.)
• They are NOT PJs; they’re part of a uniform.
• Scrubs are sets.
  – They should match and meet the other clothing standards.
• The same footwear rules apply.
Miscellaneous

- Revealing clothing is not permitted.
- Proper undergarments shall be worn.
- Ornamental/textured hosiery is not permitted.
- Sunglasses only when prescribed/required.
- Tattoos shall be covered so as not to be visible.
Self Test #1: What can she do better?

1. Wear clothing that is less revealing.
2. Wear her white coat in a more professional manner.
3. Use less pronounced perfume. (Can’t you smell her from there?)
Self-test #2: What can he do better?

• 1. Lose the ball-cap.
• 2. Close the collar; put on a tie.
• 3. No Blue Jeans!
Self-test #3: What can he do better?

- ID visible? Yes.
- Wearing a tie? Yes.
- Professional attire? Yes.
- Proper shoes? Yes.
- Appropriate hygiene? Yes.
- Visible pierces or tattoos? None.

- He looks ready to take care of patients!