

Guidance on Personal Appearance and Dress for MBChB Students

In order to gain and maintain the trust and confidence of patients, relatives and fellow professionals, you must observe certain rules of dress and appearance.

This guidance on personal appearance and dress is based on the local NHS Trust policies. It applies to all clinical placements and visits, and to teaching sessions that take place in hospitals (including at the Clinical Sciences Building, Surgical Training Suite and at Trust Medical Education Centres), community clinics or other community locations, GP surgeries and patients' homes. It also applies to teaching sessions involving patients or service users that take place at the university.

All students must ensure their personal appearance and standard of dress complies with the following requirements:

- You must be 'bare below the elbow' in clinical areas (to comply with the Trusts' hand hygiene policies)
- Clothing should be:
 - Clean and durable enough to withstand frequent changes and regular washing to minimise the risk of infection
 - It should be comfortable and allow you to bend and reach without compromising your dignity or that of the patient
- Clothing must be smart and cover shoulders to knees as a minimum, with appropriate coverage of the neckline. Students can wear the equivalent standard of dress to:
 - Fulfil cultural and religious requirements
 - Meet specific needs due to disability
- Footwear: closed toe and heel shoes (platforms, excessively high heels and trainers are not permitted)
- No jewellery, wrist watches and bracelets with the exception of:
 - One small pair of stud earrings (must be removed if involved in invasive procedures)
 - One flat small nose stud (must be removed if involved in invasive procedures)
 - One band type ring, no stones
 - Kara bracelets worn for religious reasons: these must be able to be moved up the arm when giving direct clinical care
- No facial jewellery or visible piercings (other than one flat small nose stud and one small pair of stud earrings)
- Visible tattoos are discouraged and where already present must not be offensive to others. Where present they must be appropriately covered
- Hair style should be neat and should not attract undue attention:
 - Hair longer than collar length must be tied back and secured off the collar in a style that does not require frequent attention
 - Extreme cuts/styles and fashion colours are not permitted

- Beards and moustaches must be kept clean, trimmed (exceptions may be possible for cultural or religious reasons) and tidy
- Makeup, if worn, should be discreet and not attract undue attention
- Finger nails must be short and clean, free of nail varnish; false or acrylic nails are not permitted
- Fragrant products (such as perfume and aftershave) should be kept to a minimum

Non-acceptable clothing

- Ties
- Denim jeans or skirts (of any colour)
- Track suits
- Casual sports T-shirts
- Shorts
- Combat/hiking/outdoor pursuits trousers
- Baseball caps/hats
- Overly tight or revealing clothing, including short skirts and skinny leg trousers
- Tops that reveal the midriff
- See-through clothing
- Leggings/jeggings
- Skirts that are so long that they touch the floor when walking
- Clothing bearing slogans

If, for any reason, you cannot comply with this guidance on appearance and dress you should contact the appropriate Phase Lead.