

# A GUIDE TO HIJAB IN THE OR

HOW TO ADDRESS BARRIERS THAT PREVENT HIJAB-WEARING  
WOMEN FROM PURSUING CAREERS IN SURGERY

## 1. CONTACT THE APPROPRIATE PERSONNEL.

Reach out to those who have the ability to accommodate and make the change. These people could be the HR Manager at the hospital, the Clinical Director in your medical school or the Dean of Student Affairs, or the OR Nurse Manager.

## 2. UPDATE YOUR INTAKE FORM.

When beginning clinical rotations, or accepting a new position as a resident or attending, indicate on your intake form that you'll be requesting accommodations to wear hijab in the OR.



## 3. WEAR THE PROPER SUBSTERILE ATTIRE.

With accommodations in place, you can comfortably wear hijab appropriate clothing that complies with hospital regulation. This includes long sleeve scrub jackets, surgical hoods, and comfortable slip on hijabs.



## 4. ROCK YOUR HIJAB AND SCRUBS!

It might take some getting used to at first but wearing a comfortable slip-on hijab with a surgical hood over it is the best and most feasible option for compliance with substerile environments of the OR.

## 5. SCRUB IN, THEN DON A SURGICAL GOWN.

Take off your long sleeve scrub jacket to scrub in. Once finished, you'll don a sterile surgical gown that will keep you covered and compliant with hijab, sterility, and infection control!

