Dress Codes

For Osteopathic Manipulative Medicine (OMM)

All students are required to wear loose fitting light weight shorts and a T shirt made of cotton, nylon, or polyester. Denim, leather, and other stiff fabrics are not acceptable because they restrict the ability to palpate through them. Lycra and spandex garments are also not acceptable in the laboratory. Shorts should not cover the knees in order to allow visual and palpatory evaluation of the knee. Shorts should appropriately cover upper thighs regardless of the student’s position on the OMM table. Clothing/lab attire should NOT have pockets or zippers. In addition, women are required to wear a sports bra or the top of a two piece bathing suit. T back design sports bras are not acceptable because they cover too much of the spine, restricting the ability to palpate. Do not assume because the topic of a lab does not seem to require shorts that you do not need to be wearing shorts. You need to be ready to expose the paraspinal region of the back or be in shorts for EVERY laboratory session so you must wear shorts, T-shirt, and sports bra (women only) to every lab. Failure to do so will result in lost points for the lab. At each OMM lab, you will be expected to indicate whether you are appropriately dressed for lab, this specifically addresses personal and professional integrity.

For Osteopathic Doctoring (also described in syllabus)

All students are expected to exhibit professional behavior and attire in all academic settings as they prepare to become practicing physicians. Some laboratory events require extra attention to dress:

• Clinical Skills/Physical Diagnosis labs & Practical Examinations: Dress must allow for physical examination by the students’ laboratory partners, including observation and palpation. Loose-fitting, lightweight shorts and top work best. Stiff fabrics (such as leather, denim) are not acceptable. Lab attire should NOT have buttons or zippers that can damage exam table upholstery. Women are required to wear a sports bra-type garment that covers the breasts, and allows for examination of the thoracic spine. T-back design bras are not acceptable because they cover too much of the spine. If further layers are required for comfort, they should be easily removed for examination purposes. If students have any questions about appropriate lab attire, they should please ask the Course Coordinator.

• Patient/Standardized Patient Interactions: Students should wear professional attire for any lab, lecture, clinical experience, or testing situation that involves patients. If students have any questions regarding professional attire, they should please refer to the Student Handbook under “Dress Code for Clinical Activities.” In addition, wear a clean, pressed white student coat with a nametag. This pertains to such clinical activities as OSCE examinations, clinical encounters labs utilizing Standardized Patients, labs utilizing community patients, Early Clinical Experience, and shadowing opportunities. If in doubt, dress professionally with white coat.
Please realize that the students will be dealing with patients of all ages, from all kinds of backgrounds, and attire that is relatively ‘conservative’ helps to put patients at ease. Also, students will be required to work in many different positions such as crouching, bending, and reaching. Clothing should keep the student modestly covered in all of these attitudes. Shoes worn during professional dress encounters must have closed toes. Skirt length should cover the top 2/3s of the thighs. During the times when the students will be gathering a history and examining patients in an exam setting, professional attire may help bolster the student’s confidence as well as their patient’s confidence in the medical student.

For Anatomy Lab

The following are the materials you are responsible for obtaining prior to the first Anatomy lab. Be alert to messages from course instructors with additional instructions.

a. Scrubs - blue, any shade, two pairs

b. Gloves. No powdered-latex gloves. All other gloves are OK. POWDER-FREE is essential if the gloves are latex.

c. You must wear close-toe, closed-top shoes whenever you are in the anatomy laboratory.

d. You are required to obtain and wear protective eyewear that meets the ANSI Z87.1 safety standard for chemical resistant safety glasses with side panels.

You will not need to provide your own dissecting instruments. We will supply these.