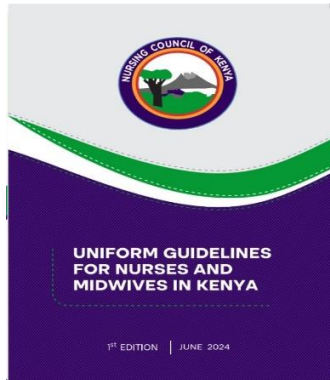




**UNIFORM GUIDELINES FOR NURSES AND MIDWIVES IN KENYA, 1<sup>ST</sup> EDITION JUNE 2024**



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*The Nursing Council of Kenya*

*Kabarnet Lane, Off Ngong Road, Nairobi P. O. Box 20056 – 00200 Nairobi*

*Telephone: 020-7854669/ 020-7854669*

*Fax: 020-3873585*

*Cell phone: +254-721920567/+254-733924669*

*Email: [info@nckeny.go.ke](mailto:info@nckeny.go.ke)*

*Website: [nckeny.com](http://nckeny.com)*

## **Why Uniform Guidelines**

Pursuant to section 9(1)(g) of the Nurses and Midwives Act CAP 257 of the laws of Kenya articulates one of the functions of Nursing Council as to prescribe badges, insignia or uniforms to be worn by persons registered, enrolled or licensed under the Act, the Nursing Council of Kenya had designed uniforms for various cadres of nurses to include nurse & midwife clinical practitioners, nurse & midwife managers and nurse & midwife educators

## **Goals for Uniform Guidelines**

The goals of the guidelines are to:

- To regulate the uniform for nurses and midwives
- Strengthen the professionalism of nurses and midwives

## **General information on Uniform Guidelines**

- Uniform shall be clean, well pressed, not torn, and unstained.
- Nurses and midwives wear nametags. The name tag shall bear the nurse/midwife's name, designation and any other details as per institution's policy.
- Uniform shall be worn within clinical setup and/or during official functions
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- Health facilities shall provide for changing rooms for the nurses and midwives
- Nurses and Midwives' uniforms shall be 'bare below the elbows' when undertaking any clinical based activities. Therefore, long sleeves must have the ability to be pushed securely above the elbow not to interfere with effective hand hygiene practices.
- This guideline shall consider religious and cultural beliefs and practices.
- Body piercings shall be limited to the ears, and only one pair of earrings shall be worn at a time
- Body accessories shall be kept to a maximum of not more than five.
- Tattoos and body drawings are not allowed but if any, they should not be visible.
- Shades of make-up shall be complementary to the skin tone.
- Body fragrances and perfumes may be worn mildly so as not to trigger discomfort to others.
- Scrubs should exclusively be worn in ICU/HDU, Burns unit, and Operating Theatre. These shall be sky blue in colour.
- Educators and Advanced Practice Nurses (Nurse Practitioners) and Advanced Practice Midwives (Midwife Practitioners) may either wear uniforms similar to the prescribed Nurses and Midwives Manager's uniform or wear lab coats

## Colour of the Uniform

	TOP/BLOUSES/BLAZERS	SHIRTS	SKIRTS	DRESSES	TROUSERS	Bow Tie / TIE	BELT
<b>MANAGERS</b>							
FEMALES	Grey Pantone Code 444		Grey Pantone Code 444	Grey Pantone Code 444	Grey Pantone Code 444		
MALES	Grey-Blazers Pantone Code 444	White			Grey Pantone Code 444	Maroon	Match shoe color
<b>CLINICAL NURSES &amp; MIDWIVES</b>							
FEMALES	White with navy-blue binders in the arms, collar & pockets		Navy-blue Pantone code 2767	White at the top	Navy-blue Pantone code 2767		
MALES		White			Navy-blue Pantone code 2767	Navy-blue	Match shoe color

### Sweaters and footwear for all Nurses and Midwives in clinical settings

Characteristic	Sweaters/Jackets	Pull-Neck/ Thermovest	Foot Wear	Socks	Stockings
Colour	Navy blue	White or navy blue	Black or brown	Black or navy blue	Black or brown

Others	Have sleeves of appropriate length	Shall have sleeves of appropriate length,	Leather & low heeled (not more than 2 inches) and closed		
		Shall be worn inside the uniform	Shoes shall be slip resistant, well-maintained and non-noisy		

### Hairs for Nurses and Midwives in Clinical Settings

#### Male:

- Hair should be short, neat, and well-maintained.
- Facial hair such as beards, and mustache shall be neat, short, well maintained, and of natural colour.
- Headgears worn for religious reasons shall: -
  - Be navy blue or white in colour.
  - Neatly secure
  - Not interfere with work practices

#### Female:

- The hair is clean and well-maintained, off the shoulder and the face, be of natural colour and if dyed be black, blonde, or brown in colour.
- If the hair is long, it is tied in a bun such that its length is not below the shoulder level.
- Hair accessories are kept to a maximum of two (2) and are off the shoulder.

**Headscarves, veils, or hijab worn for religious reasons shall:** -be navy blue or white, neatly secured and not worn beyond the shoulders

### Nails and Hand Jewelry for Nurses and Midwives in Clinical Setting

#### Nails:

- Fingernails shall be kept short (not extending beyond the fingertip) and clean.
- Artificial nails and related nail enhancements shall not be worn.
- Female nurses may wear nail polish. If worn, shall be well maintained

**Hand Jewelry:** While hand jewelry can be a personal expression, a nurse's priority is safe patient care. With the rise of healthcare-associated infections, it is crucial to recognize that hands and wrists must be kept free of jewelry to ensure effective hygiene and compliance with the 'bare below the elbows' standard. On this regard, the nurse/midwife shall;

- Not wear wrist jewelry in clinical health care settings.

- Limit finger jewelry to one plain flat band/rings e.g. wedding rings and it should be moved about on the finger when hand hygiene is performed to ensure thorough cleaning of the skin.
- Remove jewelry when working in high-risk settings, such as operating theatres or in other situations where it presents a potential risk to other patients/staff
- Ensure that all jewelry worn is modest, not dangling and shall not interfere with procedures
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