

Wearing a White Coat in Theory and Practical Classes during Medical School. How to Solve the Problem?

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To the Editor,

White coat is the mark of a noble profession, lifesavers, and humanitarian services, but they might have a chance to stain with the infection spreader too. Chan *et al.* not only developed and validated a questionnaire but also conducted a cross-sectional study on the topic of white coat use by medical students in clinical practice. We wanted to give some input regarding the prevention of infection-spreading practice.^[1,2]

It is well known that a white coat is a symbol of the medical Person worldwide, and all medical persons, either doctors or other health-care workers, have to wear the white coat during their duty hours. Medical students are wearing white coats in their theory as well as practical classes during their medical school tenure. The white coat is known as their uniform during medical school. Any clothes either white coat or any other uniform, will be microorganism reservoir and also a source of infection in the students as well as the surrounding persons if it is not washed and disinfected regularly.^[3] A white coat is a part of personal protective equipment (PPE).

Reuse of PPE is not recommended then how we are using the same white coat for many days' using without washing.^[4]

To prevent this situation, we have suggestions that can help;

- 1) Students can keep their white coats in medical schools. They have to wear it only when clinical practice and not the whole day in school.
- 2) Separate white coat or another apron-type disposable material provided by the school to attend the clinical practice class, which they have to remove and dispose of after class completion.
- 3) White coat is used as protection from infections. Complete banning of white coats into theory class, canteen, and other places where no chance of exposure to infection.
- 4) Many students have only one white coat. Due to this reason, they wear a white coat all weekdays, and they wash it on weekends. Two or more white coats can be provided by medical schools will be helpful in prevention. Many hospitals provide washing facilities for staff aprons. If a medical school or their hostel provide a washing facility with disinfection for student white coat, it will help to prevent the infection-causing white coat.
- 5) Last but not least, performing hand hygiene during the clinical practice as and when required.^[5]

Several institutes are implementing one or more suggestions in their institute as a part of institutional discipline and infection control. These suggestions are not easy to implement and need more effort as well as a cost, but without effort, nothing will be achievable.

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