

Dress code for medical and health professional undergraduate students

- **Why a dress code?**

Maintaining a professional appearance is crucial for students who are training to become healthcare professionals. A dress code helps students project a sense of competence, trustworthiness, and responsibility, which are essential qualities in the medical field.

In health care settings, patients often associate a well-groomed and appropriately dressed healthcare professional with competence and reliability. A standardized dress code helps create a consistent and positive image, contributing to patient comfort and building trust.

Therefore, the Faculty of Medicine, University of Kelaniya, in line with leading medical schools in the world such as Stanford University, Cornell university etc has recommended specific dress codes for students of the faculty.

- **What can be worn for lectures and teaching learning activities in the faculty?**

Smart-casual attire is encouraged in the faculty. This is further described in Table 1.1 below.

Table 1.1 Smart-casual attire for female students when attending teaching learning activities in the Faculty.

Female Students		Male Students	
✓	X	✓	X
Blouses/ Button-down Shirts	Denim jeans	Button down shirts	T-shirts
Trousers	Tank tops, T-shirts, and Tops with thin straps	Trousers	Denim jeans/ combat pants
Dresses and skirts of appropriate length (knee-length & below)	Mini-skirts/ mini-dresses		Shorts/ Three-quarter pants
Kurtas/ Shalwars	Shorts/ Capri-pants	Shoes and socks	Slippers/ Rubber slippers
Shoes/ sandals	Rubber slippers		
Abaya/ hijab/ headscarves	Niqaab		
*Scrub suits are not allowed for Phase 1 lectures and teaching/ learning activities			

- **What can be worn for theory and practical examinations?**

Students should be dressed as per lectures/ teaching-learning activities. Scrub suits are not allowed.

- **What can be worn for formal events, public relation events and research presentations?**

Female students should dress in saree while male students should be dressed in long-sleeved button-down shirts, trousers, socks and shoes and a tie if required.

- **What can be worn in ward/ clinical settings and hospital-based clinical examinations?**

In healthcare settings, there is a risk of spreading infections. Scrubs are designed to be easily laundered and are often made of materials that resist contamination. Guidelines for wearing scrubs help maintain a clean and hygienic environment by reducing the risk of spreading infections. Some basic guidelines for wearing scrub suits are given in Table 1.2 below.

Table 1.2 Guidelines for wearing scrub suits.

✓	X
Should be clean and neat	Should not be worn outside of hospital and faculty premises (eg: should not be worn when shopping, engaging in leisure activities/ public transport etc)
Must be worn with closed-toe, non-slip shoes	Should not be worn for theory examinations
Should only be worn within hospital and faculty premises	

In addition to the above, the following guidelines with regard to grooming and self-care is recommended.

1. Students should have well maintained, neat hair.
2. Male health professional students are generally encouraged to be clean-shaven. If wearing a beard, it must be trimmed and well-groomed.
3. Fingernails should be kept short and clean.
4. Be mindful of body odour since you are working in proximity with patients and others in a humid environment. Wearing deodorant is encouraged. But colognes and perfumes with strong scents should be avoided.
5. Jewelry should be kept minimal.
6. Any tattoos are recommended to be covered.

Please note: Failure to adhere to these guidelines may be considered a breach of professionalism and can be reported in a student’s professionalism index.

Developed by: Dr Pavithra Godamunne and Dr Lathika Athauda, January 2024

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