

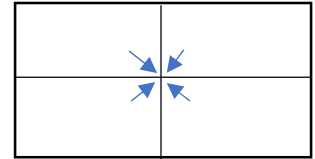
Health Care Provider (HCP) Gown

Pattern revision 03.23.20

This is a very basic pattern with a “one size fits most” focus. Because we currently do not have easy access to stores with supplies, you will need to work with whatever you can gather from your stash or your friends. In addition to needing to use a variety of supplies, you also have to consider your tools (Do you have a Serger or a sewing machine?) and your skill level.

PRINT SETTINGS

Be sure to remove as much margin from your printer settings a possible. Lay each set of four sheets together at the arrows to make three pattern pieces. Do not overlap paper; meet at edge & tape.



Materials

IMPORTANT: Pre-shrink your fabric or wash & dry it before you use it!

For my prototype, I used:

- ✓ Box of pins
- ✓ Three (3) yards of fabric
 - Tightly woven, good quality cotton is best for easy care and long wear.
 - A single flat Twin bed sheet would also work.
- ✓ One (1) small spool of sewing thread
- ✓ 18 inches of narrow elastic (for the cuffs at the wrist)
- ✓ 70 inches of straight of grain that was two (2) inches wide
(Straight of Grain means the fabric that follows the warp threads; lengthwise of the fabric) This was folded in half to one (1) inch to bind the neck and make the gown ties. (I used left-over quilt binding)
- ✓ One (1) yard or 36 inches of binding to sew to the ends of the sleeves to make a casing for the elastic at the wrist cuff

If you are trying to use some smaller pieces of fabric, remember that the sleeves do not have to be the same as the front & back of the gown. Also, if you are using a directional fabric print, try to get the animals, etc on both front and back of the gown positioned standing on their feet, not standing on their heads or one side. (Yes, there is a story that goes with that.)

Techniques

The seams need to be finished in some way – trimmed and zig-zagged, serged, flat fell or French seam. I used a flat fell seam because it is extra strong. The issue is the potential for unraveling of fabric edges from frequent use and laundering. This gown is not likely to ever be ironed, so anything to help keep the seams neat and protected is helpful.

My preference for the ends of the sleeves would be a wide band of ribbing, but I don't have any of that already here at home in my supplies. You might opt for ties at the wrist instead of elastic, in which case, turn the casing to the outside of the sleeve and position the opening so the ties are easy to reach. If you do choose ties, after the tie is in the casing, be sure to stitch across the middle of the tie in the casing so it stays securely with the gown and helps gather the cuff when tied.

The hems are narrow, shirt-tail type – fold under 1/4 inch twice and stitch them down.

I did a stay-stitch at the neckline on the flat pieces before starting to sew. A single line of stitching inside the seam allowance keeps the curves from stretching.

Lay Out

Although this lay out is very simple, it isn't economical of fabric however the left-over fabric can make masks or be seamed together lengthwise to make another set of sleeves for another gown. Please **DO** follow the grain lines marked on the pattern. Fold the fabric over so that there is 16 inches of fabric above the fold the entire length. Place all three pattern pieces along the fold and cut out. Be sure to cut through the fold at the edge of the **BACK** pattern piece to make two panels, rather than one folded piece of fabric, so you have a left side and a right side.

For this design, the sleeve seam should line up with the shoulder seam.



Sewing / Construction / Assemble

For ease of construction, I chose to sew the two side seams, followed by setting in the sleeves, and then sewed the shoulder and sleeve seam in one seam. The next step was to cut 50 inches of the neck binding, and put a pin in the center of the binding and the center of the front neckline. Matching those two pins as center points, I pinned the binding to the neckline opening while being careful not to pull the binding too tightly. Remember that this is a 1/4 inch seam and can be fragile until the binding is stitched into place.



I turned the binding to the back and stitched through by machine, from the back side. The ends of the binding, which will be the gown ties at the neck that extend from the edge of the fabric, were turned or folded at the raw edge and then the folded edge also turned under, stitched down, with a knot tied at the end of the binding.



Make two more gown ties, each 10 inches long, and sew them to the hemmed BACK opening at the spot marked on the pattern (about 12 inches down from the gown ties at the neck). These ties are going to get a lot of tugging and pulling so they need to be as secure as possible and well stitched. If you have twill tape, that will work instead of these ties.

Sleeves

Now, about these sleeves....

These sleeves are unusual but I was asked to copy an existing gown type I was handed to make a pattern from so it could be reproduced as quickly as possible.

This sleeve requires a lot of pins, patience, and possibly some very special words.

I used flat fell seams to construct my prototype. It was not fun. I suggest that you serge or zig-zag this seam. Also, it will help if you make some small snips every 1/2 inch or so -- only about 1/4 inch in from the edge of the fabric – in the curve of the arm hole to help it behave.



Additional Notes

This pattern was intentionally made for larger-sized people. You are welcome to add a gown tie to the side to provide an option to make the gown narrower or smaller to fit better on smaller people.

Questions or suggestions or feedback about this pattern?

You can send me a message through my blog at tawankastudios.blogspot.com