


ASEPTIC TECHNIQUE

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Introduction

General principles relating to infection control must be maintained. Please refer to specific policies if the individual has an infection.

Procedure

1. Pre-procedure






- ➊ Prepare the individual. Ensure privacy and dignity is maintained. Provide a clear explanation wherever possible and gain consent from the individual for the procedure
- ➋ Ensure domestic activities, e.g. cleaning, dusting, bed making, have been completed if the procedure is to be carried out in an individual's bedroom
- ➌ Wash hands with soap and water and dry thoroughly, or use alcohol gel on hands
- ➍ Wear gloves and apron as required
- ➎ Ensure that trolleys or trays are thoroughly cleansed; wash from top to bottom with soap and water or an anti-bacterial solution] using paper towels. Dry thoroughly.
- ➏ Check that dressing packs, equipment, gloves are sterile; that there is no tearing or breaks in packages; and check dates and evidence of sterilisation
- ➐ Remove any soiled dressings and dispose of in yellow clinical bag along with “dirty” gloves.

2. Opening a Sterile Kit or Tray






- a) **If the kit is in a bag and there is a paper wrapper around the kit**, follow these steps:
 - ➊ Open the outside bag or wrapper
 - ➋ Place the kit on a clean work surface
 - ➌ Turn the kit so the top flap will open away from you
 - ➍ Unfold the sterile paper wrapper on the kit or tray
 - ➎ Always open the flap away from you. Pinch up the paper on the first flap and lay it back, being careful not to touch the inside of the flap. Repeat until all flaps are open
 - ➏ The kit or tray contents are sterile. The paper wrapper around the kit is sterile except for the 1 inch around the edge; this is often called your ‘sterile field’.
- b) **If your kit or tray is in a bag and has a cover that peels off**, follow these steps:
 - ➊ Open the outside bag or wrapper
 - ➋ Place the kit or tray on a clean work surface
 - ➌ Turn the kit or tray so the cover flap will open away from you and peel off the cover, being careful not to touch the inside of the kit or tray
 - ➍ The kit and tray *contents* are sterile; the *outside* of the kit or tray is not sterile
 - ➎ Pull the package with the sterile paper sheet open. If the sterile sheet is in the kit then carefully pinch the top of it and lift it up and out of the kit
 - ➏ Carefully open out the paper sheet to make a sterile place for your other supplies
Pinch the paper sheet at the back of one corner and lift the sheet, being careful not to touch the sheet against anything else
 - ➐ Grab the back of the other corner and open out the paper sheet
 - ➑ Lay the paper sheet, with the back side you are holding, down on the cleaned surface to make your sterile field, being careful not to touch the front of the sheet. The sheet is sterile except for the 1 inch around the edge.

- c) **Adding Items to your Sterile Field:** If you need to add sterile dressings or other items to your field then open the outer package. Holding the outer package, drop the item so it lands near the centre of your field. Throw the outer wrapper away.
- d) **Putting on Sterile Gloves:** Sterile gloves may be wrapped inside your sterile tray or packaged on their own.









- e) **If packaged inside the sterile tray on top of supplies,** follow these steps:

-  Wash your hands
-  Open your sterile dressing tray
-  Take the sterile gloves out of the tray by pinching the middle of the paper the gloves are wrapped in
-  Put the paper on a clean dry surface
-  Do not put the paper on your sterile supply wrapper.











- f) **If packaged in a paper wrapper separate from the sterile tray,** follow these steps:

-  Wash your hands
-  Open the outer wrap of the sterile glove pack
-  Take out the inner wrap
-  Put the wrapped sterile gloves on a clean, dry surface like a table or counter top
-  Do not put the wrapped gloves on the sterile supply wrapper.

- g) **Putting on the gloves:**

-  Open the wrapper so that you can see both gloves. Using your dominant hand, grasp the opposite glove at the folded edge of the cuff. Pick up the glove by the folded edge
-  Slip your hand into the glove. Keep your hand flat and your thumb tucked in. Pull the glove on. Be careful not to touch the outside of the glove. Touch only the part of the glove that will be next to your skin. Leave the cuff on the glove folded
-  With your gloved hand, slip your fingers into the folded cuff of the other glove. Pick up the second glove
-  Slip the glove over your fingers. Keep the hand that you are putting the glove on flat. Keep the gloved thumb up and back to keep from touching your bare palm or wrist
-  Pull the glove over your hand
-  Adjust each glove to get a snug fit; reach under the cuffed part to pull up or adjust
-  Once you have your gloves on, keep your hands in front of you and above your waist. Do not touch anything outside the sterile field
-  Always ask senior staff for guidance if you are uncertain of any part of these open packages and equipment using non-touch technique.

3. **General principles when dressing a wound** (See also Wound Care)

-  Always work from the clean to dirty if there is any discharge etc.
-  Do not swab a dry, clean wound
-  Check the individual's allergies to dressings or Elastoplasts etc.
-  Check dates for the removal of drains, clips, sutures, if appropriate
-  Cover the wound as necessary according to the manufacturer's instructions for the type of dressing used
-  Make the individual comfortable
-  Place swabs, instruments, PPE etc. in the relevant bags and close before leaving the individual in order to reduce the risk of cross infection. Dispose of in a clinical waste bag
-  Clean trolley or tray with appropriate cleaning fluid
-  Wash your hands.
-  Report and record the activity and any problems in the individual's care plan.

Further Guidance

NICE Guidelines [CG139] published March 12

Infection: Prevention and control of healthcare associated infections in primary and community care