



# ASEPTIC TECHNIQUES

HS1

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# ASEPTIC TECHNIQUES

- ❖ A major way to break the chain of infection is to use aseptic techniques while providing health care.
- ❖ **Asepsis**=absence of disease-producing microorganisms (pathogens)
- ❖ **Sterile**=free from all organisms, both pathogens & nonpathogens, including spores & viruses

# ASEPTIC TECHNIQUES

- ❖ **Contaminated**=organisms & pathogens are present
- ❖ Any object or area that may contain pathogens is considered contaminated
- ❖ **Aseptic techniques** are directed toward maintaining cleanliness & eliminating or preventing contamination

# ASEPTIC TECHNIQUES

Common aseptic techniques:

- Handwashing
- Good personal hygiene
- Use gloves when contacting body secretions or contaminated objects
- Proper cleaning of instruments, equipment, & environment

# ASEPTIC TECHNIQUES

Various levels of aseptic control are possible:

➤ **Antisepsis**=antiseptics prevent or inhibit growth of pathogens but aren't effective against spores & viruses.

They can usually be used on skin

Example: alcohol, betadine

# ASEPTIC TECHNIQUES

Various levels of aseptic control are possible:

➤ **Disinfection**=a process that destroys or kills pathogens.  
It is not always effective against spores & viruses.

Chemical disinfectants are used in this process.

These can irritate or damage skin; are used on objects

Example: bleach

# ASEPTIC TECHNIQUES

Various levels of aseptic control are possible:

➤ **Sterilization**=process that destroys all microorganisms, both pathogens & nonpathogens, including spores & viruses.

Example: Steam under pressure, gas, radiation, & chemicals can be used to sterilize objects.

Autoclave is the most common piece of equipment used for sterilization

# BLOOD BORNE PATHOGEN STANDARD

- ❖ One of the main ways pathogens are spread is by blood and body fluids
- ❖ 3 pathogens of major concerns for health care workers = HIV, HBV, HCV
- ❖ OSHA standard that must be followed by all health care facilities:
  - Provide HBV vaccine free of charge to all employees who have risk of exposure.
  - Provide PPE
  - Provide hand washing facilities

# BLOOD BORNE PATHOGENS CONT.

- Enforce rules of no eating, drinking, smoking, applying cosmetics, lip balm, or handling contacts
- ❖ Provide color coded contaminated sharps containers

# NEEDLESTICK SAFETY ACT

- ❖ CDC act passed after estimated 600,000-800,000 needlesticks occurred each year
- ❖ Safer sharps made available to health care workers
- ❖ Get input from nonmanagerial employees who are responsible for direct patient care
- ❖ Maintain a sharps injury log

# STANDARD PRECAUTIONS

❖ CDC standard that states that all body fluids must be treated as if they are potentially infectious and all patients must be considered potential sources of infection

Use the following:

- Hand washing at appropriate times
- PPE
- Extreme care when handling sharps
- Clean up spills with disinfectant solution
- Use resuscitation devices to avoid mouth to mouth resuscitation

# STANDARD PRECAUTIONS CONT.

- Proper waste and linen disposal – biohazard “red” bags for contaminated waste
- Report any cut, needlestick, injury, or splashing of blood or body fluid immediately