



He Kaupare. He Manaaki.
He Whakaora.
prevention. care. recovery.

Te Whatu Ora
Health New Zealand

START + STAY CLEAN + CLEAN

NEW ZEALAND ASEPTIC TECHNIQUE

ASEPTIC TRAINING EDUCATIONAL HANDOUT

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What is Aseptic Technique?

Aseptic Technique means adhering to a set of principles to reduce the risk of infection when performing a procedure.

Why is Aseptic Technique important?

- + We want to prevent infections.
- + According to the national point prevalence survey, the prevalence of healthcare-associated infection was 6.6% in Aotearoa New Zealand. Examples of procedures that carry risk include:
 - + peripheral IV Cannula (PIVC) insertion
 - + urinary catheter insertion
 - + central line insertion/ maintenance
 - + wound care management
 - + chest drain, ascitic tap or lumbar puncture
- + An infection caused by a procedure can:
 - + increase pain and discomfort for the patient
 - + increase length of stay
 - + exposes the patient to the harms of antibiotics
 - + require further invasive procedures to treat
 - + cause death.

For more information see

The 4 principles of Aseptic Technique

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CLEAN + CLEAN**
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PREPARATION

Taking the time to prepare the environment, the patient and equipment reduces the chance of contamination. Go over the procedure in your mind or with procedure guidelines and/or local policy. Plan the order of events. Decide on work surface, gloves to be used and where rubbish is to be placed during procedure.

KEY PARTS

Key parts are the parts of the equipment which breach the skin or have contact with sterile fluids or key sites. Avoid touching the key parts. If you cannot avoid touching, then touch with uncontaminated sterile gloves or forceps.

KEY SITES

Key sites are sites on the body where the normal skin barrier is breached. These sites need to be cleaned prior to use with appropriate antiseptic or solution. Avoid touching the key sites, and if you cannot avoid touching, then only touch with sterile gloves, sterile forceps, or sterile products.

ADVICE





Patients and/ or whānau must be given clear and simple advice about how to care for the procedure site and when and how to alert healthcare workers of early signs of complications. Ideally this should be written.



HAND HYGIENE

To adhere to the principles of aseptic technique, hand hygiene must be performed multiple times during any procedure. The key moments of hand hygiene include before equipment is set up, immediately before the procedure, whenever gloves are changed, and after the procedure is complete.

Aseptic Technique Audit Tool

Clinical Setting:	Procedure:	Profession:	Date:	Auditor:
				Intervene before continuing:
	1. All necessary equipment was gathered before set-up, including sterile gloves if needed.	YES	NO	
	2. The patient and environment were prepared before the procedure commenced with hand hygiene performed at appropriate moments.	YES	NO	
	3. Hand hygiene was performed before equipment set-up.	YES	NO	
	4. All equipment was set-up before the procedure commenced.	YES	NO	
	5. Hand hygiene was performed immediately before the procedure (before putting on gloves if gloves were required).	YES	NO	
	6. Key parts were kept sterile before use and not contaminated during the procedure.	YES	NO	
	7. Key sites were cleaned with appropriate antiseptic or solution and allowed adequate drying time.	YES	NO	
	8. Key sites were not retouched or were only touched with sterile gloves or key parts.	YES	NO	
	9. Hand hygiene was performed following the procedure.	YES	NO	
	10. The patient and/or caregiver as given advice about care of the procedure site and signs of possible complications.	YES	NO	
Comments:				