Applying CNT in an Acupuncture Treatment

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Establishing a clean work area

- Running water
- Liquid soap
- Single use, disposable towels
- Any material that is applied to the patient’s skin should be clean
- Working surfaces should be cleaned with disinfectants at least once a day and whenever visibly contaminated
Positioning the patient

• in a posture suitable to the points selected.
  – Supine: points of
    • the frontal and facial regions,
    • chest and abdomen
    • The anterior or lateral aspect of the lower extremities
  – Prone:
    • Occipital
    • Neck
    • Lumbodorsal regions
    • Posterior aspect of the lower extremities
  – Lateral recumbent:
    • Lateral aspect of the body
  – Sitting
    • Head, back and upper extremities
Handwashing

• Handwashing is the most important single procedure for preventing infection in a health care setting.

• **When to wash hands:**
  - Before a treatment
  - Immediately before the acupuncture procedure
  - After contact with blood or body fluids or obvious environmental contaminants
  - Whenever their hands become contaminated during a treatment.
  - Between patients
  - At the end of a treatment
  - After removing PPE
How to wash hands

– Wash the entire surface of the hands between the fingers, around and under the fingernails and up to above the wrist.
– Lower the hands so that water and soap drain off the fingertip as they are rinsed.
– Soap and wash hands twice under running water for at least 10 seconds.
– Turn off the tap with a towel or use an elbow so that hands do not become soiled.
– Particular attention should be paid to fingernails, which should be kept short and clean.
– When there is no sink available, alcohol-based hand disinfectant, antiseptic hand cleansers or towelettes can be used for handwashing.
– If hands are contaminated after washing, the fingertips should be cleaned, and swabbing with alcohol or using an alcohol-based hand rub, germicidal scrub or antiseptic towelette is acceptable substitute.
– Germicidal soap or an alcohol-based hand disinfectant should be used for immuno-compromised patient.
Preparing the site for insertion of a needle

• Check that the skin areas to be treated are free of any cuts, wounds, or diseases.
• Ensure that the part of the body to be treated is clean
  – 70% alcohol is used for preparing a patient’s skin instead of 90%
  – Iodophor such as betadyne followed by alcohol swab or benzylconium chloride is recommended for immunocompromised patients.
  – Swab the points in a way that touches the area only once so as not to recontaminate the area
  – The same swab may be used for points in the same general area.
  – The alcohol should be allowed to dry.
    • To reduce discomfort on needling
    • To reduce possibility of injecting minute amounts of contaminants suspend in the alcohol
    • The longer the alcohol has to act, the more effective the antiseptic.
Palpating the point

• It is acceptable clean technique to touch the acupuncture point after cleaning the skin, as long as the hands have not been contaminated.

• Before picking up the needle or palpating the point, hands should be washed again if they have been contaminated since the last handwashing.
Using sterile needles

• It is critical that the needle shaft be maintained in a sterile state prior to insertion.

• When opening a needle packet, ensure that the needle shaft does not touch the part of the packet that was touched by the fingers while opening the packet.

• Needle insertion and manipulation must be performed without the practitioner’s bare hands coming into contact with the shaft of the needle.
  – If the needle shaft must be supported, a sterile gauze pad or cotton ball should be used instead of clean one
Using Guide tubes

• Guide tubes should be sterile at the beginning of each treatment on each patient.
  – It is considered acceptable to use the tube repeatedly on the same patient.
• If a guide tube is used, dropping the needle into the tube handle first.
• If guide tubes are used, they should be placed on the clean field between uses.
Using gloves

- **The use of gloves is strongly recommended in the following instances:**
  - During procedures such as bleeding where there is a greater risk of contact with larger amounts of blood.
  - When working with patients who have open lesions or weeping exudates from their skin.
  - When the practitioner has cuts, abrasions, chapped skin, hang nails or broken cuticles on his or her hand and the lesions are located in a location where they pose a hazard.
  - When palpating or needling in the mouth or genital area.
The “no”s about gloves

- The use of gloves is not necessary during routine acupuncture practice in the absence of significant bleeding.
- Gloving will not stop direct puncture injuries.
  - Gloves present a barrier only to blood and other potentially infectious fluids.
  - Only proper handling of contaminated needles will prevent needlestick.
Ensure the gloves are protective

• Disposable gloves shall be replaced:
  – As soon as practical when contaminated
  – As soon as feasible if they are torn, punctured, or when their ability to function as a barrier is compromised
Managing used instruments

- Used needles should be isolated until they are sterilized or discarded.
- The sharps container should be replaced when it is three-quarters full.

- Management of used-needle spill:
  - Use gloves and tweezers for picking them up
  - The spill area should be cleaned with soap and water.
  - All exposed surfaces should be wiped with a germicide such as bleach.
  - All materials used in the clean-up job should be discarded in double wrapping.
  - Handwashing.
Bleeding during cupping

• What to do if bleeding occur during cupping:
  – Gather gloves and cleaning materials
  – Put on gloves
  – Remove the cups, taking care to prevent body fluid from spreading or splashing
  – Stop the bleeding through use of appropriate pressure.
  – Clean up any bleeding that has occurred.
  – Immediately isolate the cups
  – Handle and dispose of all materials used in the cleaning process as biohazardous waste
  – Sterilize the cups using a double sterilization procedure with chemical disinfectants.

• Disposable, plastic and rubber cupping devices that can not be sterilized should be used on only one patient.
Cleaning a spill of blood or body fluid

- Wear disposable, waterproof gloves
- Clean the spill once with soap and water.
- Wipe all exposed surfaces with a germicide.
- All materials used in the clean-up job should be discarded in double wrapping.
- Wash hands at the end of the clean up.
Disposing of biohazardous waste

• Biohazardous waste:
  – Any solid waste or liquid waste that may present a threat of infection to humans
    • Discarded sharps (used needles)
    • Human blood
    • Clinic waste such as table paper or cotton balls that contain human blood
    • Body fluids
    • Non-liquid human tissue and body parts
    • Human blood products
    • Laboratory disease-causing agents
• Biohazardous waste, except sharps, must be packaged in impermeable, red, polyethylene or polypropylene bags, and sealed.
• Discarded sharps must be separated from all other waste and placed in leak-resistant, rigid, puncture-resistant containers.
• All containers must be labeled properly.