

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 suspended 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.