CNT Protocols

Instructor: Yuxia Qiu
Definitions

- **Sterilization**
  The use of procedures that **destroy all** microbial life, including viruses.

- **Contamination**
  The introduction of disease-causing agents into or onto previously clean or sterile objects.

- **Aseptic techniques**
  Techniques for preventing infection during invasive procedures or procedures involving a puncture of the skin.

- **Antiseptic**
  Products designed to **reduce the density** of microbial life **on living tissues**, particularly on the skin of the patient or practitioner.

- **Disinfection**
  The use of chemicals and procedures designed to **destroy** or **reduce** the number of pathogens **on inanimate objects** such as equipment and clinic surfaces.

- **Disinfectants**
  The chemicals employed in disinfection.

- **Clean technique**
  The use of techniques—antisepsis, disinfection, sterilization, washing, etc to reduce the risk of infection by killing or reducing the strength of pathogens.

- **Clean field**
  - The clean surface on which equipment will be placed
  - The patient’s skin around the selected acupuncture points
  - Anything that touch the skin
Basic Principles of CNT

• Always wash hands between patients
• Always use sterile needles
• Always establish a clean field
• Always wash hands just prior to inserting needles if hands have been contaminated
• Always immediately isolate used needles
Recommendations for practitioners

• **Clothing**
  – Clean, washable or disposable protective clothing
  – Avoid trapping and shedding contaminating particles or infectious agents
  – Loose or large jewelry, clothing, and hairstyles should be avoided

• **Hand care**
  – All cuts and wounds on the practitioner’s hands should be washed and covered with rubber gloves or finger cots

• **Personal health**
  – Patient care personnel having overt clinical infection should restrict themselves from patient contact

• **Testing for TB, HBV, HCV and HIV**
Recommendations for equipment

• Acupuncture needles
  – Be sterile for each insertion
  – Use filiform (solid) acupuncture needles
  – Packaging disposable needles must be appropriate
  – For disposable needles, needles must be removed from the sterile packaging in such a way as to avoid contamination.

• Needle guide tubes
  – Be sterile for each patient

• Needle trays and gauze
  – All needle trays and gauze that contain sterile needles be sterile

• Plum-blossom needles
  – Be sterile for each treatment
  – or used on only one patient.

• Cupping devices
  – Be autoclaved or sterilized in a chemical disinfectant bath