

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—antiseptics, 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