# Standard Aseptic Technique – Cheat Sheet

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| **Risk Assessment** | |
| Standard Aseptic Technique applies when: | |
|  | The procedure is technically simple |
|  | Short in duration (less than 20 minutes) |
|  | Involves few and small key sites and key parts, that will not be touched |

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| **Environmental Controls** | | |
| Prior to commencing the procedure apply environmental controls | | |
|  | Assess the environment for risk factors, and ensure there are no avoidable risks: | |
|  | | e.g., cleaning activities, bed making, moving patients, placement of bed curtains |

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| **Infection Prevention** | |
| Consider infection prevention controls | |
|  | Hand Hygiene – clinical wash with soap and water or ABHR |
|  | Non-sterile or sterile gloves |
|  | Other PPE |
|  | General aseptic field |

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| **The Procedure** | | |
| Prepare for the procedure | | |
|  | 1. Perform hand hygiene | |
|  | 1. Clean work surface (tray/trolley) with detergent and water / detergent wipe | |
|  | 1. Identify and gather equipment for procedure | |
|  | 1. Inspect packaging, sterility indicators and expiry dates. Ensure all equipment is clean | |
|  | 1. Move to where the procedure will take place | |
|  | 1. Perform hand hygiene | |
|  | 1. Prepare the general aseptic field, and open items using a non-touch technique | |
|  | 1. Position and prepare the patient, use gloves to protect from potential exposure to body fluids or harmful substances. | |
|  | 1. Once ready, remove gloves if used in preparation, and perform hand hygiene | |
|  | 1. Apply gloves if required: | |
|  | | Non-sterile gloves: to protect from body fluid/harmful substance exposure |
|  | | Sterile gloves: required if key parts or key sites will need to be touched directly |
|  | 1. Perform the procedure using a non-touch technique | |
|  | Ensure all key parts are protected at all times. | |
|  | Sterile items must only be used once and disposed into a waste bag. | |
|  | Only sterile items may come in contact with key sites & must not come in contact with non-sterile items. | |

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| **Waste management and cleaning of equipment** | |
|  | Upon completion of the procedure the healthcare worker should remove gloves (if used) and Perform hand hygiene. |
|  | Dispose of all waste. |
|  | Clean equipment. |
|  | Perform hand hygiene. |

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# Surgical Aseptic Technique – Cheat Sheet

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| **Risk Assessment** | |
| Standard Aseptic Technique applies when: | |
|  | The procedure is technically complex |
|  | Long in duration (longer than 20 minutes) |
|  | Involves large open key sites or large and numerous key parts |
|  | Key parts or key sites need to be touched |

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| **Environmental Controls** | | |
| Prior to commencing the procedure apply environmental controls | | |
|  | Assess the environment for risk factors, and ensure there are no avoidable risks: | |
|  | | e.g., cleaning activities, bed making, moving patients, placement of bed curtains |

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| **Infection Prevention** | |
| Consider infection prevention controls | |
|  | Hand Hygiene – surgical hand scrub/rub |
|  | Sterile gloves |
|  | Other PPE (gowns, eye protection, mask) |
|  | Critical aseptic field, maximum barrier precautions |

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| **The Procedure** | |
| Prepare for the procedure | |
|  | 1. Apply PPE as required (e.g. hat and mask to protect aseptic field) |
|  | 1. Perform hand hygiene |
|  | 1. Clean work surface (trolley) with detergent and water / detergent wipe |
|  | 1. Identify and gather equipment for procedure |
|  | 1. Inspect packaging, sterility indicators and expiry dates. Ensure all equipment is clean |
|  | 1. Move to where the procedure will take place |
|  | 1. Perform hand hygiene |
|  | 1. Open items using a non-touch technique |
|  | 1. Position and prepare the patient, use gloves to protect from potential exposure to body fluids or harmful substances. |
|  | 1. Once ready, remove gloves if used in preparation, and perform surgical scrub/rub |
|  | 1. Apply sterile gowns and gloves |
|  | 1. Position sterile drapes as necessary |
|  | 1. Perform the procedure using a non-touch technique |
|  | Ensure all key parts are protected at all times |
|  | Only sterile items may come in contact with key sites, and must not come in contact with non-sterile items |

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| **Waste management and cleaning of equipment** | |
|  | Upon completion of the procedure the clinician should remove gloves and perform hand hygiene. |
|  | Dispose of all waste. |
|  | Clean equipment. |
|  | Perform hand hygiene. |

**Definitions**

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| **ABHR:** | Alcohol-based hand rub removes the number of micro-organisms on the hands. |
| **Key Parts:** | The parts that must remain aseptic at all times, e.g., a wound dressing, catheter lubrication, syringe tip, needle. |
| **Critical aseptic field:** | The field used when key parts/sites cannot be protected with covers/caps or handled with a non-touch technique. The field is managed as a key part. |
| **General aseptic field:** | The field used when key parts can be protected with micro-critical aseptic fields and a non-touch technique, and is used to promote asepsis. |
| **Key Parts:** | The parts that must always remain aseptic, e.g., a wound dressing, catheter lubrication, syringe tip, needle. |
| **Key Sites:** | Includes non-intact skin and insertion or access sites, e.g., open wounds, surgical or intravenous access sites. |
| **Non-touch technique:** | Performance of a procedure without touching key parts and/or sites. |
| **PPE:** | Personal Protective Equipment (e.g., gloves, gowns, masks, eye protection) |
| **Surgical scrub:** | Surgical hand antisepsis with antimicrobial soap and water |
| **Surgical rub:** | Surgical hand antisepsis with a waterless ABHR |