Aseptic Technique

**Self-Assessment Tool**

# Aseptic Technique Self-Assessment Tool

1. **What is Aseptic Technique?**

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1. **When is Aseptic Technique required?**

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1. **Why is Aseptic Technique important?**

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1. **What is the difference between key sites and key parts?**

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1. **Name 3 infection prevention considerations of Aseptic Technique?**

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1. **What are some potential environmental risks that should be avoided when performing a procedure?**

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1. **What are two different types of Aseptic Technique that help guide practice?**

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1. **Describe two methods of performing hand hygiene**

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1. **If surgical aseptic technique is required for a procedure, what method of hand hygiene is required?**

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1. **If key parts or sites will be touched during a procedure what gloves are required?**

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1. **What actions should be taken if there is a risk of body fluid exposure during a procedure?**

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1. **Name two different types of aseptic fields?**

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1. **When should a general aseptic field be used?**

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1. **When is a critical aseptic field required?**

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1. **What is a micro-critical aseptic field?**

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1. **What is a non-touch technique?**

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1. **Why is the order in which the procedure is undertaken important when considering Aseptic Technique?**

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1. **What is the initial step that should be undertaken prior to preparing for a procedure?**

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1. **When performing a procedure what are some key components to maintaining asepsis?**

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1. **What activities are required on completion of the procedure?**

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# Aseptic Technique Self-Assessment Tool – with answers

1. **What is Aseptic Technique?**

Aseptic Technique is a set of practices that ensure a standardized approach to undertaking procedures. It aims to protect patient/residents by preventing microorganisms from being introduced into a susceptible site.

1. **When is Aseptic Technique required?**

Aseptic Technique is required any time an invasive procedure is to be performed.

1. **Why is Aseptic Technique important?**

Aseptic Technique reduces the risk of healthcare-associated infections and has been shown to significantly improve the behaviour of healthcare workers performing procedures and reduce the risk of infection.

1. **What is the difference between key sites and key parts?**

Key parts are the sterile components of equipment used during a procedure. For example: needle hubs, syringe tips, dressing backs, and IV bungs.

Key sites include any non-intact skin, insertion or access sites for medical devices connected to the patient/resident. For example: insertion/access sites of intravenous devices, urinary devices and open wounds.

1. **Name 3 infection prevention considerations of Aseptic Technique?**

Hand hygiene, glove selection, personal protective equipment, and selection of an appropriate aseptic field.

1. **What are some potential environmental risks that should be avoided when performing a procedure?**

Cleaning of the nearby environment, bed making, waste management activities, patient/residents moving nearby, presence of bed curtains across the work area.

1. **What are the two different types of Aseptic Technique that help guide practice?**

Standard and Surgical Aseptic Technique.

1. **Describe two methods of performing hand hygiene?**

Use of alcohol-based hand rub (ABHR), and clinical wash with soap and water.

1. **If surgical Aseptic Technique is required for a procedure, what method of hand hygiene is required?**

Clinical or surgical scrub.

1. **If key parts or sites will be touched during a procedure what gloves are required?**

Sterile gloves

1. **What actions should be taken if there is a risk of body fluid exposure during a procedure?**

Appropriate PPE muse always been worn, including the use of non-sterile or sterile gloves if there is a risk of a body fluid exposure to the healthcare worker.

1. **Name two different types of aseptic fields?**

General aseptic field, critical aseptic field, micro-critical aseptic field.

1. **When should a general aseptic field be used?**

In standard Aseptic Technique

1. **When is a critical aseptic field required?**

In surgical Aseptic Technique

1. **What is a micro-critical aseptic field?**

Micro-critical aseptic fields are those key parts protected by syringe caps, sheathed needles, covers or packaging.

1. **What is a non-touch technique?**

Non-touch technique is a technique where the healthcare workers hands do not touch, and thereby contaminate key parts and key sites. The safest way to protect a key part is not to touch it.

1. **Why is the order in which the procedure is undertaken important when considering Aseptic Technique?**

Correct sequencing of procedures ensures an efficient, logical, and safe order of procedural events. Practice guidelines provide direction as to the correct order in which preparation and completion of the procedure should be undertaken. Healthcare workers should be familiar with the sequence of these events prior to commencing the procedure to ensure preparation for the procedure is complete and to ensure adherence to Aseptic Technique.

1. **What is the initial step that should be undertaken prior to preparing for a procedure?**

Complete a risk assessment.

1. **When performing a procedure what are some key components to maintaining asepsis?**

Perform the procedure ensuring all key parts are always protected. Sterile items must only be used once and disposed into a waste bag. Only sterile items may come in contact with key sites and sterile items must not come into contact with non-sterile items.

1. **What activities are required on completion of the procedure?**

On completion of the procedure the healthcare worker should remove their gloves and perform hand hygiene effectively with soap and water, or ABHR. Dispose of all waste, including sharps, appropriately, and clean the work surface (tray/trolley) after use and perform hand hygiene.

The procedure and any potential aseptic breaches should be documented in the medical record.

## Version

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| **Version** | **Date** | **Addition/Amendments** | **Author** | **Review By** |
| 1 | 3/2015 | Aseptic Technique Clinician Workbook |  | PGC |
| 2 | 3/2024 | Self-assessment tool removed from workbook as separate document. | Infection Prevention CNC | PGC |