



## Aseptic Technique – Clinician Cheat Sheet

### RISK ASSESS

#### STANDARD AT

If the procedure is technically simple AND  
Short in duration (less than 20 minutes) AND  
Involves few and small key sites and key parts AND  
Key parts or sites will not be touched  
STANDARD AT applies

#### SURGICAL AT

If the procedure is technically complex OR  
Long in duration (longer than 20 minutes) OR  
Involves large open key sites or large or numerous key parts OR  
Key parts or key sites need to be touched OR  
The Clinician performing the procedure is inexperienced  
SURGICAL AT applies

### APPLY ENVIRONMENTAL CONTROLS

Ensure that there are no avoidable nearby environmental risk factors  
Examples include: waste management, cleaning of the nearby environment, bed making, patient using commode, patient bed curtains across work area

### CONSIDER INFECTION CONTROL COMPONENTS

#### STANDARD AT

Hand Hygiene – Clinical wash or ABHR, Non sterile or sterile gloves  
Other Personal Protective Equipment  
General Aseptic Field

#### SURGICAL AT

Hand Hygiene – Surgical hand scrub, Sterile Gloves  
Other Personal Protective Equipment  
Critical Aseptic Field, maximum barrier precautions

### PREPARE FOR PROCEDURE

#### STANDARD AT

1. Perform hand hygiene.
2. Clean tray/trolley/work surface with detergent and water or detergent wipe. Allow to dry.
3. Identify and gather equipment for procedure. (Inspect packaging, check for damage; sterility indicators and expiry dates, ensure equipment is clean).
4. If necessary, move to where the procedure will take place.
5. Perform hand hygiene.
6. Prepare general aseptic field. Open equipment using non touch technique.

#### SURGICAL AT

1. Apply PPE as required (e.g. hat and mask to protect aseptic field).
2. Perform hand hygiene.
3. Clean tray/trolley/work surface with detergent and water or detergent wipe. Allow to dry.
4. Identify and gather equipment for procedure (inspect packaging, check for damage; sterility indicators and expiry dates, ensure equipment is clean).
5. If necessary, move to where the procedure will take place.
6. Perform hand hygiene.



### PREPARE FOR PROCEDURE

- |  |  |
|--|--|
| 7. Position and prepare patient, using gloves where appropriate to protect from potential body fluid exposure or harmful substances. | 7. Open equipment using non touch technique.   |
|  | 8. Position and prepare patient, using gloves where appropriate to protect from potential body fluid exposure or harmful substances. |

### Perform Procedure

- |   |   |
|---|---|
| 8. Once ready to commence the procedure and the required equipment prepared, remove gloves (if used in preparation for procedure) and perform hand hygiene.   | 9. Once ready to commence the procedure and the required equipment is prepared, remove gloves (if used in preparation for procedure) and perform surgical scrub (as required for the procedure).  |
| 9. Apply gloves (if required). If it is likely key parts or key sites will be needed to be touched directly, sterile gloves MUST be used to minimise the risk of contamination. Otherwise, non-sterile gloves are typically the gloves of choice to protect from potential body fluid exposure or harmful substances. | 10. Apply sterile gown and gloves.  |
| 10. Perform the procedure using non touch technique, ensuring all key parts/components are protected at all times. Sterile items must only be used once and disposed into waste bag. Only sterile items may come in contact with key sites and sterile items must not come into contact with non-sterile items.       | 11. If required add sterile drapes as necessary.  |
|   | 12. Perform the procedure using non touch technique; ensure all key parts/components are protected at all times. Sterile items must only be used once and disposed into waste bag. Only sterile items may come in contact with key sites and sterile items must not come into contact with non-sterile items. |

### Waste Management & Cleaning of Equipment

On completion of the procedure the clinician should remove their gloves (if used) and perform hand hygiene  
Dispose of all waste. Clean equipment as per local policy. Again perform hand hygiene

### Glossary of Terms

**Key Parts** - Key parts are the sterile components of equipment used during a procedure. Examples: bungs, needle hubs, syringe tips, dressing packs etc.

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

**Non-touch technique** - Performance of procedure without touching key parts and/or sites. If it is necessary to touch key sites/parts then sterile gloves must be used to minimise contamination.

**Critical aseptic field** - Critical aseptic fields are used when key parts/sites cannot be protected with covers and caps or handled at all times by a non-touch technique, or when open and invasive procedures



## Glossary of Terms

require large working areas for long durations.

The critical aseptic field itself is managed as a key part – only sterilised equipment may come in contact with it. Sterile gloves and often, full barrier precautions are required, e.g. surgery in an operating theatre.

**General aseptic field** - General aseptic fields are used when key parts can easily and optimally be protected by critical micro aseptic fields and a non-touch technique. The main general aseptic field is not managed as a key part and is used to promote asepsis.