

Clean Needle Technique – Procedure Test – Students need to talk through and demonstrate as follows, this can be done up to three times in order to pass the test:

PREPARATION

CREATING THE 'CLEAN FIELD'.

1. **Wash and dry your hands.**
2. Lay a piece of clean paper (couch roll) on the dry, clean work surface. This is your 'Clean Field'. This paper does not need to be changed between patients unless it has become contaminated.
3. Place disposable needles and cotton balls on the clean field.

ALSO

- 1, Keep the sharps box (clearly marked 'CONTAMINATED' outside of the clean field and off the floor.
- 2, Keep hand sterilizer outside the clean field.
- 3, Ensure that you have a waste bin or bowel available.

Nothing is ever returned to the clean field.

INSERTING THE NEEDLES

1. Expose the Acupuncture point to be needled. Surgical spirit or mediswabs should not be used to clean the area to be needled. If the skin is dirty, it should be washed with soap and water, and dried with a paper towel.
2. Palpate the point to be needled, then mark the point with either an arrow or a circle **Do not needle through ink.**
3. Sterilize hands thoroughly.
4. Collect a needle from your clean field, remove the needle (still inside the guide tube) from the wrapper and discard the wrapper **outside** the 'clean field' area, into a bin or bowel **not in your pockets.**
- 5. Insert the needle using the guide tube**, you can use dry cotton wool wrapped around the shaft of the needle to steady it. When using longer needles, if the needle is not steadied the patient may experience pain or the needle could bend. **Your fingers should not come into contact with the shaft of the needle.**
6. Continue to insert all needles and manipulate them. Use a new needle for each insertion. **Needles should never be reused or replaced into guide tubes.**
7. Dispose of the plastic needle wrappers, cotton wool and guide tubes in the waste bin. Blood stained cotton wool should be put into the sharps box.

REMOVING THE NEEDLES

1. Re – sterilise hands.
2. After the desired effect has been obtained use cotton wool at the base of the needle and withdraw it **dispose of needle immediately in the sharps 'Contaminated' box.**
3. **Seal the hole (if appropriate) with the cotton wool**, if bleeding occurs apply pressure until the bleed stops.
- 4. If there is excessive bleeding, it is important to protect yourself against contamination.**
5. If blood is present do not use the same cotton wool ball for subsequent withdrawals, put it into the sharps box immediately.
6. Continue to remove each needle from the patient and dispose of it and any blood contaminated cotton wool balls in the sharps 'Contaminated' box.
7. After the patient is off the treatment couch and dressing, discard all waste paper and wipe down the couch with an 'azo wipe' or 70% Alcohol.