Getting to Zero!
Central Line-Associated Infection Prevention
Multidisciplinary Workshop
November 2016
Aseptic versus Clean Technique
Learner Objectives

- The Learner will identify objectives of aseptic versus clean technique
- The Learner will identify 4 barriers utilized in aseptic technique and 2 barriers for clean technique
- The Learner will identify 4 procedures or equipment preparation for aseptic technique and 1 for clean technique
- The Learner will identify 3 environmental controls for aseptic technique
- The Learner will describe contact guidelines for aseptic versus clean technique
The Joint Commission Recommendations

### Aseptic versus Clean Technique

**Aseptic technique**, a method used to prevent contamination with microorganisms, as recommended by the evidence-based guidelines for all instances of insertion and care of central venous catheters.

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Aseptic Technique</th>
<th>Clean Technique</th>
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</thead>
<tbody>
<tr>
<td><strong>Utilization of Barriers</strong></td>
<td>Requires the use of various barriers to prevent the transfer of microorganisms from health care personnel and the environment to the patient during a procedure, such as the following:</td>
<td>Involves reducing the numbers of microorganisms to minimize the risk of transmission from the environment or health care personnel, using the following:</td>
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<tr>
<td></td>
<td>Sterile gloves</td>
<td>Appropriate hand hygiene</td>
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<td></td>
<td>Sterile gowns</td>
<td>Clean gloves</td>
</tr>
<tr>
<td></td>
<td>Sterile drapes</td>
<td></td>
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<tr>
<td></td>
<td>Masks</td>
<td></td>
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<tr>
<td><strong>Patient and Equipment Preparation</strong></td>
<td>Involves procedures for patient and equipment preparation, such as the following:</td>
<td>Efforts are made to prevent direct contamination of supplies and materials.</td>
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<td></td>
<td>Aseptic skin preparation of the patient at the time of the procedure</td>
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<tr>
<td></td>
<td>Sterile instruments</td>
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<td></td>
<td>Sterile equipment</td>
<td></td>
</tr>
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<td></td>
<td>Sterile devices</td>
<td></td>
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<tr>
<td><strong>Environmental Controls</strong></td>
<td>Includes environmental controls, such as the following:</td>
<td>Patient’s environment undergoes routine cleaning.</td>
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<td>Keeping doors closed during operative procedures</td>
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<td>Minimizing traffic into and out of operating rooms</td>
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<td>Excluding unnecessary personnel during procedures</td>
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<tr>
<td><strong>Contact Guidelines</strong></td>
<td>Only sterile-to-sterile contact is allowed, sterile-to-conventional contact must be avoided.</td>
<td>Sterile-to-sterile rule does not apply.</td>
</tr>
</tbody>
</table>

Learner Objective # 1:

- The Learner will identify objectives of aseptic versus clean technique
Aseptic technique:
- Provides measures to prevent the transfer of microorganisms from health care personnel and environment to the patient during a procedure.

Clean Technique:
- Provides measures to reduce the numbers of microorganisms to minimize the risk of transmission of microorganisms from health care personnel and the environment.
Learner Objective # 2

- The Learner will identify 4 barriers utilized in aseptic technique and 2 barriers for clean technique
Barriers

**Aseptic**
- Sterile gowns
- Sterile gloves
- Sterile drapes
- Head cover
- Masks

**Clean**
- Appropriate hand hygiene
- Clean gloves
Learner Objective # 3

- The Learner will identify 4 procedures or equipment preparation for aseptic technique and 1 for clean technique
Patient and Equipment Preparation & Environmental controls

Aseptic
- Antiseptic skin prep
- Sterile instruments
- Sterile equipment
- Sterile devices

Clean
- Efforts to prevent direct contamination of supplies and materials

Bacteria are hitchhikers.
Learner Objective # 4

- The Learner will identify 3 environmental controls for aseptic technique and 1 for clean technique
Environmental Controls

**Aseptic**
- Keeping doors closed during procedures
- Minimizing traffic in and out
- Excluding unnecessary personnel

**Clean**
- Room undergoes routine cleaning
Learner Objective # 5

- The Learner will describe contact guidelines for aseptic versus clean technique
Contact Guidelines

Aseptic

- Sterile to sterile contact
  ALLOWED

- Sterile to non-sterile
  AVOIDED

Clean

- Sterile to sterile
  DOES NOT APPLY
References

- Healthcare Infection Control Practices Advisory Committee [HICPAC].