

- The patient should be provided with an explanation of the proposed treatment and what it entails. This explanation may include:
 - Being advised to have eaten before or at least 2-3 hrs prior to treatment;
 - The procedure of the needle insertion into the skin;
 - That sterile, single use, disposable needles are used;
 - A brief explanation of how the type of Acupuncture that is being implemented works;
 - The use of additional stimulation of the needle, such as manual stimulation, electrical stimulation or moxa;
 - The possibility of transient symptoms during and/or after the treatment, such as fatigue, light headedness or temporary aggravation of the symptoms;
 - Any advice following the treatment that may be pertinent for the individual patient, such as care with driving long distances after any needling treatment; and
 - The expected post needling soreness associated with needling certain points or pecking of various pathophysiological conditions.

3. SAFETY PROCEDURES AND RISK MANAGEMENT FOR ACUPUNCTURE AND ACUPUNCTURE RELATED TECHNIQUES

3.1 Introduction: Clean Needle Technique (CNT) (2)

A standard procedure for acupuncture (needling) was established to minimize risk of infection caused by inserting a needle below the dermis. This standard procedure is referred to as: **Clean Needle Technique** and serves as a basis for all needling techniques used in any acupuncture practice. The basics of this technique must be obeyed at all times and some aspects may need to be adjusted or modified according to circumstances such as for example treatment location, sharing treatment space with others, vicinity of clean field and materials, availability of waste disposal receptacles etc.

This technique, also called aseptic acupuncture technique involves the insertion and withdrawal of the acupuncture needle in such a way that the risk of infection is reduced to a minimum. This means that only the handle of the needle can be touched by the acupuncturist and that the insertion/withdrawal of the acupuncture needle is performed in a fast and virtually pain free manner as to avoid a lot of movements from the patient, provoked as a reaction to sudden pain.

Clean Needle Technique ("CNT") consists of the following components:

1. Hand sanitation.
2. Establishing and maintaining a clean field.
3. Skin preparation.
4. Isolation of contaminated sharps.
5. Standard precautions.
6. The use of sterile single-use needles and other instruments that may break the skin, such as seven-star hammers, press tacks/intradermal needles, and lancets.

In addition, as needed: