

7. Follow appropriate emergency procedures in the event of a needle stick incident or some other clinical accident in the course of an acupuncture treatment.

CNT must be distinguished from sterile technique. Sterile or aseptic technique, which is used in surgical procedures and many laboratory procedures, involves procedures that are kept sterile by the appropriate use of sterile supplies and the maintenance of a sterile field. While acupuncture involves the use of sterile acupuncture needles that must be maintained in a sterile condition prior to the acupuncture procedure, CNT is a clean rather than sterile procedure.

The insertion site is clean rather than sterile. Hands are in a clean condition rather than covered with sterile gloves. Gloves do not need to be worn, although it may be worn, except under specific conditions where exposure of the practitioner to blood or other potentially infected body fluids is possible. CNT may include the wearing of a surgical mask as a preventative measure for the same reasons as cited for needling.

Gloves are worn:

- When bleeding occurs, or is likely to occur (e.g., during bleeding techniques, wet cupping and seven-star/plum blossom treatments).
- When needling in the genital region or in the mouth.
- While palpating near an area where there are lesions on the patient's skin
- In the event that there are skin lesions or open wounds on the practitioner's hands.
- When cleaning blood from a surface.

CNT procedures and criteria are required to be performed in catgut embedding therapy, ear / scalp acupuncture, blood-letting, cosmetic acupuncture, needle point injection therapy, blade needling therapy.

### **3.1.1 Hand Sanitation**

Handwashing is a critical component of the CNT protocol. Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. (3) Make sure to use enough sanitizer so the hands are completely covered and wet. Wash hands rather than use hand sanitizer if hands are visibly dirty.

- How to Wash Hands (4)
  - Wet your hands with clean, running water (neutral or warm) and apply soap.
  - Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
  - Scrub your hands for 10-20 seconds.
  - Rinse your hands well under clean, running water, with your hands lower than your elbows.
  - Dry your hands using a clean paper towel.
  - Close the tap using a paper towel.
  - Open any doors between you and your patients using a paper towel, or re-clean hands upon entering the patient's room.