

Infection control practice for Clean Needle Technique for Acupuncture

1. Always wash hands between patients, before needling, and after needling.
2. Always use sterile single-use needles and other instruments that may break the skin (e.g., lancets, sevenstar or plum blossom needle).
3. Always establish a clean field before performing acupuncture.
4. Make sure the needle packages have no seal broken or show evidence of moisture or other damage.
The needle shaft must remain sterile before and during insertion. Each sterile filiform needle should be used for puncturing once, and once only.
5. Always immediately and safely dispose used needles to sharp container and cotton swap to biohazard container separately. Make sure sharp container doesn't over fill to more than 3 quarters.
6. Always count the needles inserted and removed
7. The use of disposable medical gloves is recommended in situations such as:
 - the patient begins bleeding during the treatment
 - the patient has open lesions or is known to have a contagious disease
 - the practitioner has a skin infection, or hand wounds, cuts, hangnails that are not properly bandaged
 - where exposure to blood borne pathogens are likely i.e. use of lancets, three- edged needle, plum blossom and seven star needle or lancet for blood-letting