

**HACKETTSTOWN MEDICAL CENTER
PHYSICAL/OCCUPATIONAL THERAPY PROCEDURE MANUAL
ASEPTIC TECHNIQUE ESSENTIALS**

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Effective Date: July, 1984
Cross Referenced:
Reviewed Date: 09/12, 03/16
Revised Date:

Policy No: 5200-2.016/5300-2.016
Origin: Physical/Occupational Therapy
Authority: Therapy Services Manager
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PURPOSE

All patients with open lesions whose dressings have been removed while in therapy should have the dressings replaced or the area covered with a sterile towel before the patient is returned to the ward. This is to protect the wound from further infection or trauma. The techniques used to protect open lesions from invasion by pathogenic organisms are called aseptic measures. Sterilization is the technique used to destroy all pathogens (microorganisms and spores).

PROCEDURE

In practicing asepsis, the following points combining some of the principles of surgical and medical asepsis are to be adhered to:

1. All items that come in direct contact with open lesions must be clean.
2. The hands of the operator and all other material surrounding the lesion must be clean and free from pathogens. Sterile gloves will be worn.
3. The lids of sterile containers should be lifted directly up, inverted and placed so they can be gripped by the handle without touching the edges, and held over the open container.
4. If it becomes necessary to handle a dressing with an ungloved hand, handle the outer edges only.
5. Applicators and tongue depressors are used only once and discarded.
6. Always note the date on sterile supplies before using.
7. Sterile items are requested from Central Supply.

Routine Dressing Procedure:

1. Assemble all the supplies required for the dressing.
2. Place the patient in a comfortably warm booth. Drape and expose the area to be dressed. Avoid unnecessary exposure.
3. The draping need not be sterile, but it should not come into contact with the open wound.
4. Wash hands thoroughly before beginning a sterile dressing. Put on sterile gloves.
5. Remove the dressings from the containers with sterile handling forceps and place them on a sterile towel if ointment is to be applied to them.

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6. Apply sterile dressing directly to the lesion.
7. If the lesion is large and draining, cover the dressing with a clean, sterile ABD pad.
8. Secure the entire dressing with adhesive tape or rolled bandage or ace bandage if practicable.
9. Discard instruments in sharps container and soiled dressings in waste basket.
10. Saturated and dripping dressings are to be placed in red plastic bags which are discarded by Environmental Services.
11. Red plastic bags are located in the hydro room next to the linen cart. Extra bags can be obtained from Environmental Services.