**ASEPSIS AND ASEPTIC TECHNIQUES**

**Definition of Asepsis and aseptic technique**

* Aseptic techniques means using practices and procedures to prevent contamination from pathogens. It involve applying the strictest rules to minimize the risk of infection. Health care workers use aseptic techniques in surgery rooms, clinics outpatient care center and other health care settings.
* Asepsis is the state of being free from disease causing microorganisms. Medical asepsis is concerned with eliminating the spread of microorganisms through facility practices.

**Types of asepsis techniques**

1. **Medical and surgical asepsis**

Medical asepsis practice are practices that kill some microorganisms to prevent them from spreading. Medical asepsis include **sanitization**, **antisepsis** and **disinfection.**

* **Sanitization**

**It r**efers to the cleaning practices and techniques that physically remove microorganisms, these include hand washing and cleaning of client personal equipment. Clothing and linens.

There are several things you need to know in order to maintain a clean environment which include hand washing and use of alcohol base sanitizer.

* When coughing or sneezing , always cover your nose and mouth with a tissue or your elbow and teach your client to do same
* Wash your hands after touching your clients or your client body fluid, such as urine, faeces, blood, saliva and vaginal discharge
* Regularly discharge garbage because trash is a perfect environment for pathogen growth.
* When disposing dirty linens, keep them away from your uniform to prevent contamination of your uniform and subsequently the spread of microorganisms.

1. **Antisepsis**

**A** process of killing microorganisms or limiting the growth of the skin and non-living objects. -Chemicals use in antisepsis are called antiseptics and the most common ones include rubbing alcohol and iodine.

**\_**Antisepsis can be used for hand scrubbing, treating’ cuts, wounds and burns and preparative skin cleaning.

1. **Disinfection**

It is the process of killing microorganisms on objects that are commonly in contact with your clients such as over beds tables , wheelchairs, stretchers, urinals ,blood pressure.

­\_ it is important to note that disinfection cannot destroy spores which are highly resistant forms microorganism that develops in conditions that are inconvenient for their growth.

\_Chemicals use in disinfection ae called disinfectants and they are stronger than antiseptic. therefore they are not use on the skin. In other to prevent skin irritation, You should always wear utility gloves while handling disinfectants.

**TYPES OF ASEPTIC TECHNIQUES**

There are 3 main types of aseptic techniques that medical personnels use depending on the situation. They include;

**Sterile technique:** the strictest form of aseptic technique, sterile technique is intended to provide a space that has no germs. sterile techniques is used in surgery and other large invasion procedures where infections could be the most dangerous . it require gloves ,masks and hand washing.

**Surgical aseptic techniques :**this is a strict form of aseptic technique that be used outside the operation room . doctors use this technique for procedures that are complicated .

**Standard aseptic technique** :the most common type of aseptic technique , this is the sterilisation process use for things like ion dialysis or insertion . doctors use hand washing , small aseptic fields, and mask and gloves to keep this small area free from germs .

**IMPORTANCE OF ASEPTIC TECHNIQUES**

The goal of aseptic techniques is to eliminate germs completely .

Aseptic technique helps prevent spread of pathogens that cause infection

Healthcare professionals commonly use aseptic techniques when they are ;

* Handling surgical equipments
* Helping with a baby’s birth by vaginal delivery
* Handling dialysis catheters
* Performing dialysis
* Inserting a chest tube
* Inserting a urinary catheter
* Inserting other draining devices
* Performing various surgical techniques
* In dressing wounds
* In running IVS

**Differences between aseptic technique and asepsis**

|  |  |
| --- | --- |
| Aseptic technique | Asepsis |
| Aseptic means using practices and procedures to prevent contamination from pathogens. | Asepsis is the state of being free from disease causing microbes. |
| Healthcare workers use aseptic technique in surgery rooms, clinics ,health patient care center | Used for hand wash,treating cuts, wounds and burns |
| Type of aseptic techniques are;   * Hand sanitisation * Antisepsis * Disinfections | Types of asepsis   * Sterile technique * Surgical aseptic technique * Standard aseptic technique |

**MEMBERS OF GROUP 2**

KENKO TEMO VICTORINE GLORY

SHERIFETU NGOZI HABIB

BIME ADELE YEKOV

NCHOZIEN PAMELA

LUKONG NADINE

CHESAMI LOWCIENE

JENNETE LUM NDINGWAN

JEANGEH OLIVER

YONGWA HULDAH