

SKILLS TO KNOW

Aseptic technique

Aseptic technique is a set of steps that keep everything as clean as possible. It is important to keep all your supplies and medications germ-free. Aseptic technique helps to prevent germs from going into your child's body.

Work in a clean and well-lit room.

- Choose a clean work area. This area should be free of dust, a draft, and traffic. Try to avoid coughing, sneezing, or smoking.
- Store your child's supplies in a clean area, away from children and pets.
- Store your child's medication in a clean drawer of your refrigerator away from foods.
- Always throw away supplies that you know or think may no longer be clean.
- Before opening any sterile packages, make sure the seals on the package are firmly closed. Do not use any supplies from wet packages.



The most important part of aseptic technique is washing your hands.

Proper hand hygiene is the single, most important action you can take to reduce the risk of infection. Any bacteria that come in contact with the inside of your child's PICC or elastomeric system can be a threat to your child's life.

Handwashing

When should you wash your hands?

- Before you touch any PICC and elastomeric pump supplies
- Before you touch the PICC and/or PICC dressing
- Before you perform any PICC procedures
- When your hands are visibly soiled
- After using the toilet, changing a diaper or handling an ostomy



Proper hand washing technique:

1. Remove all jewelry from fingers and wrists. Jewelry may trap bacteria and contaminate your equipment.
 2. Turn the water on and adjust the temperature to warm.
 3. Wet your hands under the running water and leave the water running.
 4. Apply antibacterial soap all over your hands.
 5. Point your fingers down towards the sink when washing and rinsing
 6. Clean under your nails and then wash every part of your hands, including your wrists and the space between your fingers for 30 seconds.
 7. Rinse the soap from your hands under the running water, making sure to point your fingers down towards the sink as you rinse
 8. Dry your hands, then your arms, with a clean towel or paper towels. Keep your hands above your elbows while drying. The inside of the sink and the taps are considered dirty, avoid touching either when washing your hands.
 9. Taps are dirty, so turn them off using a clean towel or paper towel.
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Handwashing



The song “Twinkle, twinkle little star” is approximately 30 seconds long.

If there are no clocks in the room, sing it once or twice to ensure proper hand washing time.

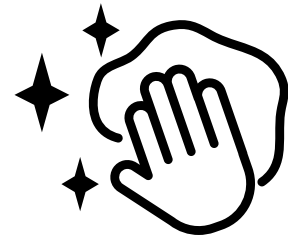
Hand care



You'll be washing your hands a lot, so take good care of them!

- Clean your hands before applying lotion.
 - Use hand lotion after PICC procedures are completed and regularly during the day to help prevent your skin from getting dry and sore.
 - Lotion containers can spread germs. Don't share your hand lotion.
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Preparing your work area



1. Prepare your work area:

- Clean the area with an antiseptic solution, such as isopropyl alcohol and paper towels or Cavi wipes.
- Start in the center of your work surface and, in a circular motion, advance outwards toward the edges of your work surface.
- Use friction to clean the work surface.
- Allow the work surface to air dry before gathering your PICC supplies.

2. Keep your work area clean. Minimize contamination by:

- Selecting a work area in a room that is separate from the high-traffic areas of the house.
- Keeping the room clean and well dusted.
- Don't allow anyone in the room who is not helping with the procedure.
- Anyone helping with a procedure who is not a family member should wear a mask (i.e., home care nurses).
- Family members who have a cold or illness should wear a mask.

3. Make sure sterile equipment stays sterile:

- Always check the expiry date on your medications and equipment. If they're expired, do not use.
 - Always check that sealed, sterile packages have no breaks or punctures. This includes tubing, bags, vials and injection caps.
 - Don't use any sterile package that has become wet or damp since moisture allows microorganisms to enter sterile packages.
 - Don't use medications that are the wrong color or have visible particles when they should be clear.
 - Always throw away items that are or *might* have been contaminated.
 - When opening, piercing or connecting sterile items, allow only sterile surfaces to touch sterile surfaces.
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