

ACUPUNCTURE CLEAN NEEDLE TECHNIQUE

Cleansing the Area : 70% ethyl or isopropyl alcohol.

CCAOM (Council of Colleges of Acupuncture and Oriental Medicine) Guidelines:

Once the hands of the practitioner are rewashed, the acupuncture points should be swabbed with an alcohol swab using 70% isopropyl alcohol. Use a new swab whenever the alcohol swab becomes dirty or contaminated or is too dry to leave a thin layer of alcohol solution on the skin. The insertion point can then be palpated with the washed finger.

Acupuncturist's hands must be cleaned with soap and water and/or swabbed with a disinfectant, the skin of the needle site has been disinfected and that the sterility of the needle is maintained at the needle shaft upon insertion.

The needle must be removed without the acupuncturist touching the shaft of the needle.

The needle is disposed in a biohazard waste container and the practitioner cleans the hands again.

State of California regulations:

1399.451. Treatment Procedures. In treating a patient, an acupuncturist shall adhere to the following procedures:

1. (a) The acupuncturist's hands shall be brush-scrubbed with soap and warm water immediately before examining patients or handling acupuncture needles and other instruments, and between patients.
2. (b) All instruments shall be sterilized before and between uses in a manner which will destroy all microorganisms. All needle trays which contain sterile needles shall also be sterile. Each time instruments are sterilized, the acupuncturist shall use a tape or strip indicator which shows that sterilization is complete.
3. (c) Acupuncture points, where needles are to be inserted, shall be cleaned with an appropriate antiseptic before insertion of the needle.
4. (d) In the event an acupuncture needle inserted in a patient breaks subcutaneously, the treating acupuncturist shall immediately consult a physician. An acupuncturist shall not sever or penetrate the tissues in order to excise such a needle.
5. (e) Any complication, including but not limited to, hematoma, peritonitis or pneumothorax arising out of acupuncture treatment shall be referred immediately to a physician or dentist or podiatrist, if appropriate, if immediate medical treatment is required.
6. (f) Acupuncture shall not be performed using hypodermic needles.
7. (g) All instruments to be discarded shall be disposed of safely
8. (h) Needles shall be disposed of by placing them in a sealed, unbreakable container marked "Hazardous Waste" and disposed of in accordance with state and local law. 1399.452.

Treatments Outside the Office. 1

. (a) Any acupuncturist who provides acupuncture treatment outside the office shall carry the required sterile needles and other instruments in a sterile airtight container.

2. (b) All standards of practice applicable to treatment outside the office shall be adhered to by the acupuncturist providing such treatment

64B1-8.005 Infection Control Training. Prior to commencement of clinical training, every approved course of study and tutorial program shall provide training in clean needle technique and universal precautions for preventing the transmission of bloodborn(e) pathogens and other infectious diseases, including, for example, HIV/AIDS, hepatitis, staphylococcus, and tuberculosis

Potential problems after needle insertion:

Needles embedded beneath the skin require surgery and is considered a medical emergency. The main goal is to never insert a needle up to the level of the handle. The shaft must always be visibly above the level of the skin surface

Manual application techniques are contraindicated for bent needles.

Needles can be slowly removed by following the course of the bend or by returning the patient to the original posture during which the needle was originally applied.

Broken Needles: Remove the needle with forceps or by hand.

Needles flush with the level of the skin: depress the tissue surrounding needle site to expose the needle and remove.

Needles embedded beneath the skin may require surgery and is considered a medical emergency. Send to ER.

Never insert a needle up to the level of the handle. Maintain the shaft visibly above the level of the skin surface.

Bleeding: Apply pressure to the site of bleeding with dry gauze until bleeding stops. If bleeding does not stop, send patient to ER.

Hematoma: apply pressure to the site of hematoma with dry gauze or with cold pack wrapped in sterile dry gauze until hematoma reduces.

Ecchymosis: occasionally there will be bruising this is not an acute emergency and will resolve on its own. Gently rub the area with sterile gauze or cotton swab to disperse subcutaneous bleeding for approximately 10-30 seconds.

Increased pain: assess for increased pain after removal of needle. Apply ice pack or topical analgesic to resolve.

Left needles: Remove any needle slowly and carefully within the angle of insertion. Apply pressure with sterile gauze or cotton swab thereafter for 10- 30seconds. Dispose of needles in biohazard container.

RECORD KEEPING

An acupuncturist shall keep complete and accurate records on each patient who is given acupuncture treatment, including but not limited to, treatments given and progress made as a result of the acupuncture treatments.

Medical records must be maintained for a period of 5 years. The general rule is to use SOAP notes in order to comply with state regulations. SOAP is an abbreviation for: subjective, objective, assessment, plan