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Aseptic Techniques

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Aseptic Techniques

Aseptic techniques means using procedure and practices to prevent the contamination of bacteria and viruses that causes diseases. Aseptic techniques are used by healthcare workers to prevent patients from contracting diseases through infectious pathogens during medical procedures such as surgeries (Bykowski & Stevenson, 2020). This is because the skin protects the body from harmful bacteria. A patient becomes vulnerable to infections immediately their skin is broken into whether it takes place due to surgical incision or accidental injury. Aseptic techniques are used in clinics, surgery rooms, and outpatient cares.

The types of aseptic techniques include barriers, environmental controls, contact guidelines, and patient and equipment preparations. Barriers prevent the transfer of germs from the healthcare worker to the patient using sterile gloves, sterile masks, and sterile drapes (Vasudevan et al., 2020). Healthcare workers need to pay attention to the patient's immediate environment before, during, and after procedures. For instance, the door should be closed during procedures, and movement within the room should be minimal. Healthcare professionals should follow the sterile to sterile contact guidelines by avoiding any contact with unsterilized objects. Lastly, it is crucial for healthcare professionals to thoroughly prepare the equipment that will be used in a procedure and the patient before the procedure begins. For instance, disinfecting the patient's skin using wipes and sterilizing the equipment before a medical procedure (Bykowski & Stevenson, 2020). During experiments, if the room is not cleaned after a previous series of tests, it is easy for instruments and equipment to be contaminated even if they have been sterilized. This may affect the patient's test results making them inaccurate due to the pathogens in the room. In addition, this may result in wrong patient diagnosis and medication errors because the test results were not accurate.

References

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