

Aseptic versus Clean Technique

Aseptic technique, a method used to prevent contamination with microorganisms, is recommended by the evidence-based guidelines for all instances of insertion and care of central venous catheters.

Aspect	Aseptic Technique	Clean Technique
Utilization of Barriers	<p>Requires the use of various barriers to prevent the transfer of microorganisms from health care personnel and the environment to the patient during a procedure, such as the following:</p> <ul style="list-style-type: none"> • Sterile gloves • Sterile gowns • Sterile drapes • Masks 	<p>Involves reducing the numbers of microorganisms to minimize the risk of transmission from the environment or health care personnel, using the following:</p> <ul style="list-style-type: none"> • Appropriate hand hygiene • Clean gloves
Patient and Equipment Preparation	<p>Involves procedures for patient and equipment preparation, such as the following:</p> <ul style="list-style-type: none"> • Antiseptic skin preparation of the patient at the time of the procedure • Sterile instruments • Sterile equipment • Sterile devices 	<p>Efforts are made to prevent direct contamination of supplies and materials.</p>
Environmental Controls	<p>Includes environmental controls, such as the following:</p> <ul style="list-style-type: none"> • Keeping doors closed during operative procedures • Minimizing traffic into and out of operating rooms • Excluding unnecessary personnel during procedures 	<p>Patient's environment undergoes routine cleaning.</p>
Contact Guidelines	<p>Only sterile-to-sterile contact is allowed; sterile-to-nonsterile contact must be avoided.</p>	<p>Sterile-to-sterile rule does not apply.</p>

Note: Anytime a central venous catheter is inserted when adherence to aseptic technique cannot be ensured, as might occur during a medical emergency, it is essential that the catheter be replaced as soon as possible, preferably within 48 hours (Infusion Nurses Society. *Infusion Nursing Standards of Practice*. *J Inf Nurs*. 2011 Jan–Feb;34 Suppl 1:S1–110. O'Grady NP, et al.; Healthcare Infection Control Practices Advisory Committee [HICPAC]. Guidelines for the prevention of intravascular catheter-related infections. *Clin Infect Dis*. 2011 May;52[9]:e162–193. Epub 2011 Apr 1).