

Methods of sterilisation

a) Autoclave

This is the best method because it is very effective in killing all types of germs and it is safe and easy to use.

b) Other methods

If you do not own an autoclave as suggested, then any of the following methods can be used.

- Boil or steam the instruments in boiling water for 10 - 20 minutes before using them again. Sterilisers which use water is easily available in the market.

or

- Soak the instruments in disinfectants like Chlorhexidine and others according to the precautions to be taken for each brand of disinfectant. After that, the instruments can be used again.

rubbish bin. Avoid contact with the blood or gauze that was used to wipe the blood.

ii) Diseased or Inflamed Skin

Do not use sharp instruments like needles on skin which is obviously inflamed because it bleeds easily during acupuncture.

iii) Disposal of sharp instruments

Sharp instruments like needles should be placed in a safe place or disposed properly so that they cannot accidentally injure your customers.

iv) Useful practices

You should always wash your hands with soap and water after each customer.

Always keep your shop clean. The floor should always be cleaned and washed at least once a day with antiseptic liquid like Cresol, Chloroxylenol or Chlorhexidine, especially the working area.

GENERAL INFORMATION

i) Cuts on the hands

Dress the cut on your hand with a waterproof bandage like elastoplast etc. before you start working. If you accidentally cut yourself during the course of your work, encourage bleeding under running water and dress the cut with a waterproof bandage after the bleeding has stopped.

If your customers are injured accidentally, wipe the blood with a clean gauze and throw it into a

FURTHER INFORMATION

If you need further advice, please contact the District Health Office or your nearest Health Center.

AIDS



GUIDELINES FOR ACUPUNCTURISTS

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AIDS · HOW IT IS SPREAD

AIDS is a disease caused by the HIV virus, which destroys a person's immune system to fight against diseases.



AIDS can be spread only through three ways:

- i) having sexual intercourse with a person who is infected with the HIV virus.
- ii) transfer of blood which contains the HIV virus from an AIDS patient or carrier to another person.
- iii) from an infected mother to her unborn child.

AIDS: THE RISK AND YOUR WORK

The risk of being infected with AIDS in the course of your work is very remote. Until now, no one has been known to be infected with HIV from acupuncture.

However, in the course of your work, blood may be transferred from one person to another accidentally

Hence, in the interest both of yourself and your customer, safe procedures should be followed to ensure that infections including AIDS do not occur in the course of your work.

PROCEDURES TO BE FOLLOWED

- i) Disposable Items
If possible use only disposable items, e.g. disposable needles.
If reusable needles, or other sharp instruments are used, it must first be cleaned before being used for the next customer.
- ii) Sterilisation
All instruments used during acupuncture such as needles, forceps and metal dish should be cleaned and sterilised.
Sharp instruments used during acupuncture and other instruments contaminated with the cus-

tomers' blood should be sterilised every time before being used for the next customer.

