

## Surgical ANTT



Surgical ANTT and the use of a main critical aseptic field (solid outline).

Used for clinical procedures that are generally longer, technically complex and involve large, open key sites.

Requires a main critical aseptic field, sterile gloves and often, full barrier precautions.

Examples – surgical procedures, large complex wound dressings, CVC insertion, IDC insertion.

## Standard ANTT



Standard ANTT and the use of a general main aseptic field(dashed outline) and critical micro-aseptic fields (solid outline).

Used for clinical procedures that are generally of short duration, technically simple and involve a few small key sites.

Requires a main general aseptic field, micro critical aseptic fields and non-sterile gloves. Use sterile gloves if key parts must be touched.

Examples – simple wound dressings, IV insertion, administration of IV medication.



# Aseptic non touch technique – a guide for healthcare workers

Aseptic Non Touch Technique or ANTT® is a tool used to prevent infections in healthcare settings. This guidance document should be used as a framework for organisations to develop their own protocols on ANTT® for common procedures.

References used in this document:

- ANTT® website - [http://www.antt.org.uk/ANTT\\_Site/home.html](http://www.antt.org.uk/ANTT_Site/home.html)
- National Health and Medical Research Council (2010). Australian guidelines for the prevention and control of infection in healthcare. National Health and Medical Research Council: Canberra.
- Rowley S, Clare S, Macqueen A et al (2010) ANTTv2 An updated practice framework for aseptic technique. Brit J Nursing 19(5).

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For many years, healthcare workers have used the terms 'sterile technique' and 'aseptic technique' interchangeably. However, they mean very different things.

- A sterile technique aims to achieve total freedom from micro-organisms. It is not possible to achieve a true sterile technique outside of the controlled environment of a laminar air flow cabinet or a specially designed operating theatre.
- An aseptic technique aims to prevent micro-organisms on hands, surfaces and equipment from being introduced to susceptible sites. It is achievable in both clinical and non-clinical settings.

### Aseptic technique

**Aseptic technique** is used during clinical procedures to identify and prevent microbial contamination of aseptic parts and sites by ensuring that they are not touched either directly or indirectly.

A widely used method of aseptic technique is known as Aseptic Non Touch Technique (ANTT®). Aseptic Non Touch Technique is both accurate and achievable in both clinical and non-clinical settings such as on hospital wards or a patient's home.

### Infection Control Components of ANTT®

Perform aseptic technique using the following core components:

- Identify and protect key parts and sites.
  - A 'key part' is the part of the equipment that must remain sterile, such as a syringe hub, and must only contact other key parts or key sites.
  - A 'key site' is the area on the patient such as a wound, or IV insertion site that must be protected from microorganisms.
  - Ensure aseptic key parts only contact other aseptic key parts/sites.
- Use hand hygiene, non-touch technique, a defined aseptic field, sterile equipment and/or clean existing key parts, such as an IV access port, to a standard that renders them aseptic prior to use.
- Attempt not to touch key parts/sites directly **but...** if this is necessary, wear sterile gloves.
- Sequence your practice to ensure efficient, logical and safe order of tasks.

**Aseptic Fields** - provide a controlled working space that either *ensures* or *promotes* asepsis.

**Critical aseptic fields** that *ensure asepsis* are used when:

- key parts/sites are large or numerous and can't be easily protected by covers or caps or can't be handled with a non-touch technique
- invasive procedures require a large aseptic working area the critical aseptic field is managed as a key part so that only sterile equipment can come into contact with it
- sterile gloves and often, full barrier precautions (sterile gown, mask and hair covering and the use of sterile drapes) are required.

(See **Surgical ANTT** overleaf.)

**General aseptic fields** that *promote asepsis* are used when:

- key parts are easily protected by critical micro aseptic fields and non-touch technique
- critical micro aseptic fields are those key parts protected by syringe caps, sheathed needles, covers or packaging
- the main aseptic field does not have to be managed as a key part
- non sterile gloves can be used unless key parts must be touched, when sterile gloves must be worn.

(See **Standard ANTT** overleaf.)

### Performing ANTT®

1. Perform hand hygiene.
2. Clean trolley/work surface with detergent and water or detergent wipe.
3. Identify and gather equipment for procedure.
4. Perform hand hygiene and prepare field:
  - open procedure pack using corners
  - drop sterile equipment into sterile field.
5. Perform hand hygiene.
6. Prepare patient – use gloves where appropriate such as when removing a bloodstained dressing.
7. Remove gloves, perform hand hygiene, re-apply new gloves.
8. Perform procedure ensuring all key parts/components are protected:
  - sterile items are used once and disposed into waste bag
  - only sterile items contact the key site
  - sterile items do not come into contact with non-sterile items.
9. Remove gloves and perform hand hygiene.
10. Clean trolley/work surface after use and perform hand hygiene.