



Australasian Association of
AYURVEDA Inc

Protocols & Procedures
of

**Safe & Hygienic
Practice**

For the Ayurvedic Clinic

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DEFINITIONS

Antiseptic: A substance that has the property of preventing or arresting the multiplication of micro-organisms.

Aseptic procedure: A procedure in which the instruments, dressings, etc, used are free of pathogenic micro-organisms.

Disinfection: The process of reducing the number of active organisms to a level where infection will probably not occur.

Infection: The transfer of an infectious agent from one person to another through the medium of body fluids, air, water, clothing, equipment, etc.

Minor: Any person under the age of 18 years.
(Summat Offences Act, 1953).

Operator: The person carrying out procedures in an Ayurvedic clinic.

Pathogenic: Capable of causing disease.

Putrescible waste: Waste material that may become putrid and give off offensive odors.

Sharp: Any object or device having acute rigid *corners*, edges, points or protuberances capable of cutting or penetrating the skin. Eg: razors, broken glass, scalpel blades, etc.

Waste receptacle: A container used to receive material such as dressings that have been contaminated by body fluids or any other waste material.

INTRODUCTION

The purpose of this guideline is to assist the operators of premises where the practice of Ayurvedic Medicine is undertaken by providing information on how infection can occur and how the risk to clients, employees and the community can be minimised.

It includes information on:

- **disinfection**
- **hygienic premises**
- **operator hygiene**

In South Australia the Public and Environmental Health Act, 1987, provides the necessary power for an authority to serve a notice on the owner of a premises to require specified action to improve the condition of the premises. Also, where an activity may give rise to a risk to health or result in the emission of offensive material odour, a person can be required to desist from the activity.

A notice issued by an authority pursuant to the provisions of the Public and Environmental Health Act, 1987 may make reference to these guidelines. Non-compliance with the requirements of the notice could be seen to be in breach of the Act and render the person to whom the notice was issued, liable to prosecution.

Operators in the practice of Ayurvedic L1edicine must ensure that they comply with the relevant Public and Environmental Health Act, or any such act, in their respective State or Territory.

GENERAL HYGIENE

Structural Furnishings & Fittings

All floors, floor coverings, walls, ceilings, shelves, fittings and other furniture should be constructed of materials suitable for the procedures or treatments undertaken and should be able to be readily cleaned.

For new premises, it is recommended that approved, 'hands off' hand basins with hot and cold water through a single outlet should be installed close to the area where procedures or treatments are undertaken.

Animals

Animals are not permitted in the premises except for:

- guide dogs used by the blind or hearing impaired or
- fish or other aquatic animals contained in a fish tank.

Linen

All freshly laundered linen, towels, clothing, etc, should be stored in a special clean linen cupboard to prevent soiling and contamination.

Soiled linen, towels, clothing, etc, should be stored in a suitable container and washed at least once a week with hot water (not less than 70°C) and soap or detergent, or, sent to an independent commercial laundry.

Care should be taken where linen is contaminated with blood as it may need to be soaked in cold water to avoid coagulation of the blood prior to the hot water wash.

Only clean linen, garments *or* towels should be used *or* placed on clients.

Employees must wear clean clothing at the start of each day and must change their clothing if grossly contaminated or soiled with blood or other material.

Surfaces

All chairs, couches, and benches where body-contact occurs should be washed with detergent and water after use by each client, or prior to use by a client be:

- covered with a clean towel or,
- covered with disposable paper.

Where surfaces may have become splashed or contaminated with blood or body fluids, the surface should be left in contact for 10 minutes with cotton wool soaked with hypochlorite disinfectant, approximate concentration of 5000 mg/L (household bleach freshly diluted, 1 part bleach to 9 parts of water).

Disposable gloves and protective clothing should be worn and all soiled materials placed in a plastic bag *for* safe disposal via the local council waste disposal system.

HANDWASHING & PERSONAL HYGIENE

Handwashing is a simple method of preventing transfer of infectious material/agents from one person to another.

Operators should wash and dry their hands, using soap or detergent and a clean single-use towel, disposable paper towel or hot air drier, before and immediately after attending a client and immediately after using the toilet, handling a nasal tissue, smoking, eating or coming into contact with body fluids.

Special attention should be paid to fingernails, which should be kept clean and short.

Any broken skin or infection on exposed parts of the body of the operator should be kept covered with waterproof plaster. If aware of a cut, abrasion or infection on the hands, the operator should wear disposable single-use gloves.

Operators should wear clean clothing at all times and should not smoke or eat whilst attending clients.

ASEPTIC or 'NON-TOUCH' PROCEDURES

Operators should practice aseptic ('non-touch') procedures to avoid contaminating materials that are likely to come into contact with the client's skin.

The following guidelines should be employed:

- Use single-use products such as disposable gloves, paper towelling, etc,
- Creams, oils, pigments and lotions used in any procedures should be measured into disposable containers for each client and only used for that client.
 - » The residues and their containers should be disposed of when the procedure is finished.
- Where possible, the use of collapsible squeeze tubes should be used for primary stock.
- Application of any cream etc. to a client's skin should be done with a disposable spatula, cotton bud, cotton wool or pad to avoid contamination of the stock container and should be disposed of into an appropriate waste receptacle after use oil that particular client.

Roll on or stick deodorant type applicators are NOT considered appropriate for multiple use situations and should not be used.

Bleeding

Any bleeding that occurs should be stopped by pressure being applied to the wound with a dry, sterile, disposable dressing by the client at the operator's request.

CAUTION: Handle both the dressing and the contaminated instrument carefully to avoid coming into contact with blood or serum.

Contaminated dressings or swabs should be carefully wrapped in plastic or other suitable material and disposed of into an appropriate refuse bin.

INJURIES & CLEANING WOUNDS

If blood is drawn accidentally, the area should be disinfected with an antiseptic such as povidone (eg. Betadyne).

The wound should be washed thoroughly in running water and medical advice sought.

A record of the incident should be kept, stating date, time, and persons involved.

Management or a direct supervisor should be advised immediately and the procedures contained in the Australian National Council On AIDS, Bulletin No. 16 should be followed.

CLEANING & DISINFECTION OF EQUIPMENT

All equipment should be prepared in advance and be clean & disinfected and used on only one client. All equipment is considered to be contaminated after use and therefore must be decontaminated before it is reused. Equipment should be stored and handled so as to prevent contamination.

Disinfectants

All articles that are to be disinfected with a chemical solution must first be physically cleaned. If not, the effectiveness of the disinfectant will be seriously affected. The following table summarises the use of disinfectants and detergents in most procedures.

TABLE I

Agent	Preparation	Time	Uses
Sodium Hypochlorite ¹	Make up daily to 5000 mg per litre according to manufacturer's instructions.	Soak for 10 minutes minimum	Excellent for materials other than metals which tend to corrode.
70% ethyl alcohol* or 70% isopropyl alcohol ¹	Damp wipe.	Use on clean surfaces, leave to dry.	Skin, table tops.
Clear phenolics (Medol) ²	Make up daily, dilute according to instructions.	Damp wipe, leave 30 minutes, except skin.	Table Tops.

¹These disinfectants are corrosive to the skin, especially in their concentrated form. Gloves should be worn when handling chem.

*Other preparations having equivalent disinfectant activity can be used in place of these preparations.

¹Do not use alcohol near an open flame.

Note: The preparations listed in Table I are only a sample of what is available and operators need to make a choice according to efficacy and suitability.

WASTE DISPOSAL

In accordance with Regulation 4 of the Public and Environmental Health Act, 1987, suitable receptacles should be provided for the containment of soiled tissues, paper, swabs, disposal products and other wastes.

ie. receptacles that;

- are adequate to hold the refuse,
- prevent access by flies, pests, vermin or other animals,
- prevent, so far as is practicable, the emission of offensive odours.

Any putrescible waste that is placed in a receptacle must be contained in wrapping or sealed in a disposable container so as to prevent or minimise the discharge of fluids and the emission of offensive odours.

Any blood-soiled *or* contaminated swabs, or *other* blood-soiled material should be wrapped before disposal as general waste.

The owner of the premises must take reasonable steps to ensure that all refuse on the premises that is capable of causing an insanitary condition is disposed of as often as may be appropriate in view of the nature of the refuse, but in any event at least once a week.

The owner of any premises where a receptacle for the storage of refuse is kept must take reasonable steps to ensure that the container is kept in a clean and sound condition.

STORAGE & SAFE HANDLING OF CHEMICALS

The storage and handling of chemicals should be in accordance with the provisions of: Dangerous Substances Act, Occupational Health, Safety and Welfare Act and Controlled Substances Act.

All chemicals used on the premises should be stored:

- in a cool, dry' and well ventilated place,
- out of reach of unauthorised persons,
- preferably in a locked *room* or cabinet
- in their original containers
- » at or near ground level to minimise the possibility of the chemicals being accidentally dropped or spilled.

Persons involved in the handling of chemicals should:

- read the label directions prior to use,
- add chemicals to water not water to chemical,
- wear gloves and protective clothing when handling chemicals,
- ensure *room* is adequately ventilated,
- store unused solutions in their original containers away from clients,
- » not store chemicals under dilution.
- not return used solutions to their original containers be aware of the procedures to deal with leakage and spillage.

ACKNOWLEDGEMENTS

This document has been prepared by the Australasian Association of Ayurveda Inc in accordance with the relevant sections from the South Australian Health Commission's 'Guidelines on the Safe and Hygienic practice of skin penetration'.

Australasian Association of Ayurveda Inc

'Protocols and Procedures of Safe & Hygienic Practice for the Ayurvedic Clinic'

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