



Guide to Teaching STERILISATION PROCEDURE (To be used when working with Clinical Officers)

NOTE: When teaching the CO please remember they will only be running a small clinic and seeing one patient at a time and probably using one room for all procedures.

There are 3 areas to the sterilising process:-

- **Dirty area** - where the instruments are brought in from clinic to be washed and scrubbed
- **Sterilisers/pressure cookers** – where the instruments are sterilised in pressures cookers
- **Clean area** – where the instruments once they have been sterilised are cooled and then dried before being reused or stored.

Dirty Area:

- There are 2 bowls – one with washing up liquid in for washing and scrubbing the instruments and the other for clean rinsing.
- Thick rubber gloves must be worn during the cleaning procedure – **ask why?**
- Make sure that the instruments are all placed the same way in the bowls when scrubbing so that all the sharp ends are away from you – this will help to avoid a sharp injury. – **Emphasis this and the importance of not getting a sharp injury.**
- Emphasise need for good scrubbing to remove any tissue and debris
- Once the instruments have been rinsed, place them in the baskets ready to go in the pressure cookers.
- All the dirty trays are sprayed and wiped with disinfectant or washed with soapy water and put in the clean area ready for clean instruments.

Sterilisers/Pressure Cookers:

- Make sure the water level in the cooker is the correct level (use the pressure cooker guide)
- It is a good idea to get the water boiling earlier so already hot
- Using the forceps put the baskets in and put the lid on the cooker making sure the black handles line up and that there is a closed seal.
- Watch for the black nipple to come up on the pressure cooker then set the timer for 25 minutes – get the Clinical Officer to set the timer – **ask them why it has to be for 25 minutes?**
- When the timer rings lift the cooker of the kerosene burner – **using a thick glove – ask why?**
- Release steam from cooker by using the forceps on the valve - **emphasis about the steam to be away from you and release the steam slowly.**
- Open and lift out the baskets with the forceps and then place the instruments in the kidneys dishes to cool down

Clean Area:

- Once the instruments have cooled down, dry them with tissue and place on clean trays ready to go back out to the clinical area.
- Ensure no dirty instruments or trays are placed in this area – **discuss why**