

### Contra-Indications and Patient Care

All Acupuncturists should have knowledge of any contra indications, discussion should include:

- The general health of the client
- Blood Borne Viruses e.g. hepatitis, has the patient got ineffective hepatitis and is not currently suffering from it?
- Is the treatable part free of cuts, inflammation?
- Allergies to any sterilisation products or alcohol swabs?
- Fitness for treatment i.e not under the influence of drugs, alcohol or other substances.

Names and addresses of all clients and the General Practitioners (GP) details should be obtained.

Where a condition exists or has occurred, written authorisation from the clients GP should be obtained prior to treatment.

Provision of written aftercare information is recommended.

### Recommended Equipment

The following equipment is required for good hygiene:

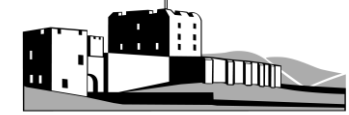
- ❖ **Autoclave**
- ❖ **Paper tissues and towels**
- ❖ **Autoclaveable equipment e.g. stainless steel kidney dishes and forceps.**
- ❖ **Alcohol swabs**
- ❖ **Disinfectants**
- ❖ **Pedal operated waste bin with disposable liner.**

### Further Information

Further information can be obtained from Carlisle City Council, Health and Safety Officer at:

Carlisle City Council  
Civic Centre  
Rickergate  
Carlisle  
CA3 8QG Tel: 01228 817326.

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### **Bye Laws relating to: Acupuncture**

#### **Guidance for Acupuncture.**

Under the Local Government (Miscellaneous Provisions) Act 1982 any **person** wishing to carry on the business of Tattooing, Cosmetic Skin Piercing, Electrolysis or the practice of Acupuncture needs to be registered with the Local Authority.

Under the above Act the **premises**, where the business is to be carried out must also be registered. This registration will remain in force on the premises, providing there is no transfer of ownership of the business.

This guidance note aims to provide information on **best practice** standards of hygiene and to provide information on the facilities required in Acupuncture establishments in compliance with the council's Bye Laws made under the above Act, to secure cleanliness of the registered premises and fittings and persons responsible for sterilisation and cleanliness.



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## **Premises**

The premises must be clean and capable of being kept clean. All internal parts of the structure of the premises should be maintained and in good repair.

An accessible wash hand basin with a hot and cold water supply connected into an operational drainage system is required, together with soap and an hygienic means of drying hands (disposable and machine auto rolled towels).

Table tops and other working surfaces should have a smooth impervious surface and be capable of being cleaned and disinfected. Chairs, seat and couches should be capable of being regularly washed with hot water and disinfectant, fabric chairs should therefore not be used.

Shelves, cabinets, cupboards etc must contain only equipment, which is used in connection with the business of the Acupuncturist.

The flooring of the treatment area must be a smooth impervious surface. Furthermore, a proprietor should ensure that treatment is given in a treatment area used solely for giving treatment.

Any waste material arising from treatment must be handled and disposed of in accordance with relevant legislation and guidance.

Any needle used in treatment should be single-use and disposable, as far as is practicable, or otherwise sterilized for each treatment, suitably stored after treatment and disposed of in accordance with relevant legislation and guidance.

In addition adequate ventilation and artificial lighting should be provided and maintained.

## **First Aid**

A first aid kit, compliant with the Health and Safety (First Aid Regulations) 1981 should be available together with a qualified basic first aider available on site.

## **Health and Safety at Work**

Under the Health and Safety at Work etc Act 1974, Acupuncturists have a duty to conduct their undertaking in a way so as to ensure, so far as is reasonably practicable that persons are not exposed to risk to their health and safety.

An assessment of the facilities, their cleanliness and adoption of safe procedure for acupuncture should be implemented in fulfilment of this obligation. Procedures for accident reporting in accordance with the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 must also be implemented.

## **Personal Hygiene**

The Acupuncturist must ensure that his/her own health does not endanger in any way the health of the client and must maintain a high standard of personal hygiene at all times.

- Hands should be frequently washed
- Cuts and wounds must be washed and dressed.
- Wear clean washable or disposable clothing.
- Refrain from eating, drinking and smoking whilst carrying out treatment.
- Must consult a general practitioner about any illness that may be of an infectious nature.
- The acupuncturist shall not be under the influence of drugs, alcohol or other substances.

## **Disinfectants and Sterilisation**

Adequate sterilisation and disinfecting of equipment should be maintained at all times. Consideration should be given to the sterilisation and disinfecting methods applied.

Disinfectants do not sterilise, but when used at the correct dilution factors disinfectants can reduce the number of germs present reducing the risk of infection. When selecting a disinfecting method or sterilisation technique an assessment needs to be made of the suitability of the method. Consideration should be given to the practicability of the chosen method, the product properties, storage requirements and ability to destroy various germs, etc should be considered.

Manufacturers and suppliers data sheets and pharmacist advice should be obtained when determining the right product for the task. This information will also be useful when carrying out a COSHH assessment.