

## 揭开“神秘面纱”，共筑安全防线

——六安市人民医院消毒供应中心“世界灭菌科学日”开放日活动圆满落幕

### Unveiling the CSSD: Building a Stronger Patient Safety Barrier

— The CSSD Open Day at Lu'an People's Hospital Successfully Concludes

2026年4月10日是“世界灭菌科学日”，为了让更多人了解消毒供应中心在医疗安全中的核心作用，消毒供应中心于当日下午成功举办了首届“消毒供应中心开放日”活动。来自护理部的各位领导、总支书记、院感办主任、临床科室的护士长应邀参加，现场气氛热烈，反响积极。

April 10, 2026 is observed as the International Day of Sterilisation Sciences. To enhance public understanding of the critical role of the Central Sterile Supply Department (CSSD) in ensuring patient safety, the CSSD successfully held its first Open Day event in the afternoon. Invited guests included representatives from the Nursing Department, Party Secretary, the Director of the Infection Control Office, and head nurses from various clinical departments. It was well received and sparked active discussion and participation among attendees.

#### 活动前物品准备

##### Pre-Event Preparation

为确保开放日活动顺利进行，消毒供应中心提前数日便启动了细致的筹备工作。工作人员对参观区域进行了全面清洁，营造出安全、整洁的参观环境。在物品准备方面，不仅备齐了防护用具，还精心设计了通俗易懂宣传手册、海报，同时制作了签到墙，提升了此次活动的氛围感。并为每位到场的参观者准备了隔离衣、口罩、帽子等标准防护用品，让参观人员能“沉浸式”地了解器械从污染到无菌的全过程。

To ensure the smooth running of the Open Day, the CSSD began preparations several days in advance. Tour areas were cleaned and organized to create a safe and orderly environment for visitors. Educational materials, including brochures and posters, were developed in a clear and accessible format. A guest check-in wall was also set up to welcome participants. In addition, each visitor was provided with personal protective equipment, including gowns, masks, and caps, allowing them to safely experience the full journey of instrument reprocessing—from contamination to sterilization.



## 六安市人民医院 消毒供应中心简介

医院消毒供应中心现有专科人员40人，其中副主任护师6人。

2010年首批通过“安徽省三级医院CSSD验收”，立项科研课题2项、新技术新项目2项。

是六安市专岗人员培训基地、六安市消毒员培训基地。

连续多年举办国家级、省级及市级继续教育培训班。



## 严谨、高效、安全 带您走进消毒供应中心

### WFHSS 世界灭菌科学日 消毒供应中心开放日

International Day of Sterilisation Sciences & CSSD Open House Day

### 探秘医院心脏，共筑安全防线

医院灭菌科学世界联盟 (WFHSS) 设立4月10日为“世界灭菌科学日”号召全球的消毒供应中心在这一天都对外开放，致力于宣传器械再处理的全过程以及相关灭菌科学知识。

#### Mission statement 宗旨

The WFHSS dedicates itself to the promotion of the worldwide harmonization of sterilization departments and of decontamination practices especially by providing:  
医院灭菌科学世界联盟 (WFHSS) 致力于推动全球消毒供应中心的同步发展，推动去污实践的进步，尤其是通过下列方式：

- a meeting place for national and regional non-profit sterilization societies, thus stimulating cooperation and the exchange of information and best practices;  
将各国各地区非营利性灭菌协会汇聚在一起，从而实现

安徽省科大附属六安医院  
Lu'an Hospital of Anhui Medical University  
安徽省六安市人民医院  
Lu'an People's Hospital of Anhui Province



六安市人民医院 消毒供应中心

#### 清洗、消毒、灭菌小知识

##### (一) 手工清洗小知识

1. 手工清洗适用于哪些器械？  
适用于对复杂器械、有特殊要求的器械以及有生物污染较重器械的初步处理。
2. 手工清洗的方法有哪些？  
手工清洗的方法有流动水冲洗、压力水枪冲洗、浸泡、刷洗、擦拭、擦洗等。
3. 手工清洗包括哪些步骤？  
清洗步骤包括冲洗、洗涤、漂洗、终末漂洗。
4. 手工清洗后的器械消毒方式有哪些？  
清洗后的器械、器具和物品应进行消毒处理。首选机械湿热消毒，也可采用75%乙醇、酸性氧化电位水或其他消毒剂进行消毒。
5. 湿热消毒应满足哪些要求？  
消毒后直接使用的诊疗器械、器具和物品，湿热消毒温度应 $\geq 90^{\circ}\text{C}$ ，时间 $\geq 5\text{min}$ ，或A0值 $\geq 3000$ ；消毒后继续灭菌处理的，其湿热消毒温度应 $\geq 90^{\circ}\text{C}$ ，时间 $\geq 1\text{min}$ ，或A0值 $\geq 600$ 。

##### (二) 包装小知识

1. 包装的目的是什么？  
选择适宜的包装材料和包装方式，通过装配、包装、封包、注明标识等步骤进行包装，确保灭菌后无菌屏障功能完好。
2. 包装的定义？  
包装是指将装配好的物品采用包装材料将其密封或闭合，形成无菌屏障系统的过程。
3. 包装的方式有哪些？  
闭合式包装是指采用纺织品或无纺布、皱纹纸等包装材料以闭合的方式形成的包装。  
密封式包装是指采用纸袋、纸塑包装袋或特卫强包装袋等包装材料以密封的方式形成的包装。
4. 我院一次性使用的包装材料有哪些？  
医用无纺布：又名非织造布，通常以聚丙烯(PP)为原料，采用机械、热粘合或化学方法等加固而成。适用于压力蒸汽、环氧乙烷和过氧化氢低温等离子体等多种灭菌方式。  
纸塑包装：由透气性材料(医用透析纸)和塑料膜(聚酯-聚丙烯)组成的可密封包装袋或卷袋。使用时需要采用医用封口机进行热封合。适用于压力蒸汽灭菌、环氧乙烷灭菌的小件物品的包装，不能用于过氧化氢低温等离子体灭菌。  
特卫强(Tyvek)包装：是指由特卫强材料与塑

料膜组成的可密封包装袋或卷袋。特卫强材料具有质轻、耐化学性及抗穿刺、耐撕、耐强、透气、防水、适用于过氧化氢低温灭菌、环氧乙烷灭菌、控制条件灭菌(121-127℃, 207kpa 30min)，以及伽马射线、电子束等灭菌。

4. 我院使用的可重复使用的普通棉布：是以精纺线为原料的物屏障功能较差，阻菌率低，不抗潮没有使用标准，逐步被其他包装材料用于压力蒸汽灭菌。

(三) 各类化学灭菌指示卡的判读  
化学指示物是指根据暴露于某种程序所产生的化学或物理变化，在一程序参数上显现变化的指示器材。灭菌前后颜色如何变化？

1. 压力蒸汽灭菌  
包外化学指示胶带和包内指示卡色变为黑色。
2. 环氧乙烷灭菌  
包外化学指示胶带颜色由红色变为指示卡颜色由褐色变为绿色。
3. 过氧化氢灭菌  
包外化学指示胶带和包内指示卡为红色。

##### (四) 我院常用灭菌方式及其灭菌

1. 什么是灭菌？  
灭菌是指能杀灭或清除医疗器械上一切微生物的处理。
2. 压力蒸汽灭菌  
属于湿热灭菌，利用水由气态变大量的潜热，迅速提高被灭菌物体的菌及细菌芽孢蛋白凝固变性。饱和蒸汽纯净。压力蒸汽灭菌的基本要素是温度及饱和蒸汽三大要素。主要特点是灭菌作用强、效果可靠、作用快速、无残留适用于包括液体在内的各种不怕热的物品。
3. 环氧乙烷灭菌  
是通过环氧乙烷与蛋白质分子、基、羧基和羟基以及核酸分子上的亚氨基反应，造成蛋白质失去反应基团，阻碍生化反应和新陈代谢，导致微生物死亡。
4. 过氧化氢灭菌  
是在一定的条件下( $<60^{\circ}\text{C}$ )，气体进行灭菌的方法。适用于不耐热

## 世界灭菌科学日消毒供应中心开放日

International Day of Sterilisation Sciences & CSSD Open House Day

### 探秘医院心脏，共筑安全防线

### 六安市人民医院消毒供应中心

精诚 勤和 博爱 奉献

## 走进“幕后”，看见专业与坚守

### Behind the Scenes: Professionalism in Practice

消毒供应中心素有医院“心脏”和“肝脏”之称，常年封闭管理，对大多数人而言充满神秘感。活动中，参观人员在护士长的引导下，更换隔离衣、佩戴口罩和鞋套，依次进入去污区、检查包装区及灭菌区、无菌物品发放区，实地观看了消毒供应中心的十大工作流程。

The Central Sterile Supply Department (CSSD), often referred to as the hospital's "heart" and "liver," operates under strict closed management, making it largely invisible to the public. During the event, participants were guided by the head nurse to don protective gowns, masks, and shoe covers before entering key functional areas, including the Decontamination Area, Inspection, Packaging and Sterilization Area, and Sterile Storage and Distribution Area. They were given an overview of the department's core workflows in sterile processing.

参观人员到达去污区，由我科中华护理学会消毒供应专科护士陈浩进行全程讲解，参观人员不仅初步了解了器械清洗、消毒流程，也集中观看了呼吸机管道接收、手术器械的接收、分类及系统回收登记等。腔镜手术作为主要手术方式之一，本次活动展示了腔镜器械手工清洗，也对规范化的管腔器械机械清洗预处理要点进行讲解，同时在双人配合下展示外来医疗器械接收、登记及机械清洗。

At the Decontamination Area, Chen Hao, a sterile processing specialist nurse accredited by the Chinese Nursing Association, explained daily operations in detail. Participants were introduced to the basic processes of instrument cleaning and disinfection. They also observed how ventilator circuits and surgical instruments are received, sorted, and recorded in the tracking system. With minimally invasive surgery now widely adopted, the session highlighted the manual cleaning of rigid endoscopes and key pre-treatment steps required before mechanical cleaning of lumen instruments. In addition, two staff members demonstrated the standardized handling of loaned surgical instruments, including receiving, registration, and mechanical cleaning.



随着参观人员达到检查包装及灭菌区，消毒供应中心骨干护士何仁飞对检查包装及灭菌区的总体布局及功能进行介绍，并对手术器械的清洗质量、性能进行检查，对腔镜器械的组配、包装进行展示，通过规范化图谱的使用，讲解了的外来医疗器械的规范化管理，使参观人员对检查灭菌及包装区的功能定位有了进一步的清晰认识。

As participants moved into the Inspection, Packing and Sterilization Area, He Renfei, a core nurse of the CSSD, introduced the overall layout and functional design of this area. He also inspected the cleaning quality and functional performance of surgical instruments, and demonstrated the assembly and packaging of endoscopic instruments. Through the use of photographic reference, he explained the standardized management of loaned instruments, further clarifying the functional role of the inspection, packing and sterilization area.



最后到达无菌物品存放区，骨干护士何成成进行了总体布局及功能介绍，并对无菌物品卸载前化学监测判读、无菌物品有效性判断进行展示，同时演示了无菌物品信息追溯系统的扫码发放，并对高温灭菌物品湿包的原因及发生湿包的处理进行详细讲解。使参观人员进一步了解了灭菌物品的发放流程，在高温灭菌器前，工作人员详细讲解了物理、化学、生物三类监测指标的意义，让大家真切感受到“灭菌合格”四个字背后的严谨与责任。

Finally, participants arrived at the sterile storage area, where He Chengcheng, a senior nurse, introduced its overall layout and functional design. She demonstrated how chemical indicators are interpreted and explained how sterilization efficacy is assessed. She also showed the barcode-based traceability system used for instrument distribution. In addition, she detailed the

causes and management of wet packs in steam sterilization. At the steam sterilizer site, staff further explained the significance of physical, chemical, and biological indicators, highlighting the rigor and responsibility involved in ensuring sterilization quality.



### 互动体验，灭菌知识“零距离”

#### Interactive Experience: Bringing Sterilization Closer

活动还设置了“手工包装体验”和“答疑”两个互动环节。参观者在专业人员的指导下，尝试用无纺布包装棉球缸、临床器械包，增进对消毒供应中心包装工作的理解。活动现场，对各位参观人员的疑问进行答疑，增进沟通，打通实际工作中的“堵点”，让供应更精准、服务更高效。

The event included two interactive sessions: hands-on packaging practice and a Q&A session. Under the guidance of CSSD professionals, participants practiced wrapping cotton canisters and surgical instrument sets using nonwoven materials, which helped them better understand standard packaging procedures. Experts were also available on-site to answer questions in real time, facilitating communication between clinical staff and the CSSD and supporting improvements in workflow and service efficiency.



以开放促理解，以专业守安全

**Openness Builds Understanding, Professionalism Ensures Safety**

本次开放日，切实体现了：“灭菌无小事，安全大于天”的活动思想。作为消毒供应中心的人员，我们希望通过一年一度的开放日，打破科室之间的‘隔墙’，让更多人理解灭菌、支持灭菌、参与灭菌。今后，我们将继续严把每一道关卡，做临床最可靠的后盾。”

This Open Day underscored a simple but essential principle: sterilization is critical to patient safety and leaves no room for compromise. Through this event, the CSSD aims to foster better understanding and closer collaboration across departments, helping more staff appreciate the importance of sterile processing in clinical care. The CSSD will continue to maintain strict standards at every stage and support clinical teams with safe, reliable sterile services.



本次开放日共接待参观人员近 30 人，有效提升了院内对消毒供应工作的认知度与认同感。通过参观前介绍、各区间讲解、手工包装体验及答疑等环节，使得临床人员更加了解消毒供应中心的工作内涵与工作价值，具有重大意义。

**灭菌，是一场看不见的战斗；而我们，一直在战斗的第一线。**

The Open Day welcomed nearly 30 participants and helped raise awareness and recognition of CSSD across the hospital. Through brief introduction, guided tours of each functional area, hands-on packaging practice, and Q&A sessions, clinical staff gained a better understanding of the value of sterile processing. Sterilization is invisible, but essential—and we are there every day to ensure it.