

科学灭菌·无菌护航·开放供赢”

四川友谊医院消毒供应中心成功举办第十届“世界灭菌科学日”消供
开放周活动

10th International Day of Sterilisation Sciences: CSSD Open Day Event

Scientific Sterilization · Ensuring Safety · Shared Excellence

投稿 | 四川友谊医院消毒供应中心护士长 王彦丹、朱彦秋

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科学灭菌，无菌护航，开放“供”赢——消供人走进临床，共筑器械安全防线，每年4月10日是“世界灭菌科学日”，旨在呼吁全球医疗机构关注灭菌科学，提升器械处理质量，保障患者安全。为积极响应这一国际倡议，2026年4月9日至16日，由四川友谊医院主办，成都市消毒供应医疗质量控制中心、成都市消毒协会、四川天府新区医学交流促进会消毒供应专业委员会、中国卫生监督协会消毒与感染控制专业委员会基层医疗机构消毒供应工作组协办，以主题为“科学灭菌·无菌护航·开放供赢”的“世界灭菌科学日”消供开放周活动由医院消毒供应中心成功举办，内容丰富、形式生动。本次活动特别邀请了各临床科室护士长、总务护士及相关职能部门负责人、院领导，共话“无菌”蓝图。

Scientific Sterilization, Ensuring Safety, Shared Excellence – CSSD Professionals Collaborate with Clinical Teams to Strengthen Instrument Safety. Every year on April 10th, the International Day of Sterilisation Sciences is celebrated to raise awareness about sterilization science, improve the quality of instrument processing, and ensure patient safety. In response to this global initiative, from April 9th to 16th, 2026, Sichuan Friendship Hospital hosted a week-long event with the theme "Scientific Sterilization · Ensuring Safety · Shared Excellence". The event was co-organized by the Chengdu CSSD Quality Control Center, Chengdu Disinfection Association, CSSD Professional Committee of Sichuan Tianfu New Area Medical Exchange and Promotion Association, and the CSSD Working Group for Primary Healthcare Institutions of the Disinfection

and Infection Control Committee of the China Health Inspection Association. Special invitations were extended to head nurses of clinical departments, administrative nurses, relevant department heads, and hospital leaders, all coming together to discuss and share insights on the healthcare safety.

本次活动突破以往“请进来”的参观模式，采用“走出去、进临床”的形式，由消毒供应中心专业人员组成宣讲团队，深入妇科、耳鼻喉科、急诊科、神经外科、普外科五个手术科室，开展手术器械预处理知识讲解、无菌包正确识别及实地演示，实现消供与临床的零距离对话。

This year's event took a new approach. A team of CSSD professionals went directly into five key clinical departments – Gynecology, ENT (Ear, Nose, and Throat), Emergency, Neurosurgery, and General Surgery – to offer workshops on proper surgical instrument pre-treatment, sterile pack identification, and key sterilization practices. This initiative brought CSSD and clinical departments closer, fostering direct communication and a shared commitment to medical safety.



一、聚焦两大核心技能，精准对接临床需求

Focusing on Key Skills: Tailoring Training to Clinical Needs

开放周期间，消毒供应中心团队为手术科室量身定制了培训交流环节，分为“PPT 讲解—互动答疑—现场演示交流”三个环节，内容紧贴临床工作实际。

During the Open Week, the CSSD team tailored training and communication sessions for the surgical departments, divided into three parts: "Presentation – Interactive Q&A – On-Site Demonstration." The content was tailored to directly address clinical practices.

1. 手术器械预处理：从源头阻断污染风险

1. Surgical Instrument Pre-Treatment: Stopping Contamination Risks from the Start

宣讲人员详细讲解了术后器械即时预处理的核心步骤——保湿、分类、密闭转运，并针对临床常见的“使用生理盐水浸泡器械”“预处理后长时间暴露”等误区进行了重点纠正。消毒供应中心护士长在现场强调：“器械从使用完毕到开始清洗，中间的‘黄金预处理期’往往被忽视。错误的预处理方式不仅会加速器械腐蚀，还会让生物膜难以清除，直接影响灭菌效果。”现场展示了如何正确使用多酶保湿剂、如何对管腔器械进行灌注、如何密闭转运至消毒供应中心。临床护士们纷纷表示：“原来预处理有这么多细节，以前确实做得不到位。”

The presenter provided a detailed explanation of the core steps in instrument pre-treatment—moistening, sorting, and sealed transport. Common clinical mistakes, such as “soaking instruments in saline” and “exposing instruments for too long after pre-treatment,” were corrected. The head nurse at CSSD pointed out: "The ‘golden window’ between after use and starting the cleaning process is often overlooked. Incorrect pre-treatment can not only cause corrosion but also make it harder to remove biofilm, directly affecting sterilization results." On-site demonstrations showed how to properly use multi-enzyme moisturizers, how to flush lumen instruments, and how to seal and transport them properly to the CSSD. Clinical nurses said, “We had no idea there were so many details in the pre-treatment process, and we’ve definitely been doing it wrong before.”

2. 无菌包正确识别：把好使用前的最后一道关

2. Identification of Sterile Packs: The Final Check Before Use

为使临床人员能够更直观地辨别合格与不合格的无菌包，消毒供应中心特意制作了实物对比，并详细讲解了灭菌标识（化学指示卡/胶带）的变色标准、包装完整性的检查要点以及灭菌批次号的追溯意义。同时，强调了“一包一查、用前必查”的原则，以杜绝任何问题包进入手术区域。相关内容以视频形式进行播放。

临床护士感慨道：“以往看到指示卡变色就认为没问题了，今日才知道还需检查包装是否受潮、标签是否完整。这样的培训实在是太实用了！”

To help clinical staff easily distinguish between compliant and non-compliant sterile packs, the CSSD presented real examples and explained the color changes in chemical indicators (cards/tapes), how to check packaging integrity, and the importance of batch number traceability. They stressed the importance of checking each pack before use to ensure that no defective packs are sent to the operating room. The relevant content was presented in a video. Clinical nurses commented, "We used to think the right color changes meant everything was fine. Now we know we also need to check if the packaging is wet or if the label is intact. This training was so practical and eye-opening!"



二、打破“幕后台前”壁垒，共建感控安全文化

Breaking Down Barriers: Building a Collaborative Culture of Infection Control and Safety

本次开放周覆盖了妇科、耳鼻喉科、急诊科、神经外科、普外科共五个手术相关科室，累计参与临床医护人员 100 余人次。每一场活动都设置了充分的互动答疑时间，临床人员就“器械生锈如何处理”“无菌包的储存要求”等实际问题与消供团队进行了深入交流。耳鼻喉科的主任在活动后表示“以前总觉得消供就是‘洗洗刷刷’的幕后部门，今天他们走进我们科室，手把手教我们如何保护器械、如何识别问题包，我们才真正理解——每一个合格的无菌包背后，都是一套严谨的科学体系。”

The Open Week covered five surgical departments: Gynecology, Otolaryngology, Emergency, Neurosurgery, and General Surgery, with over 100 clinical staff members participating. Each session included plenty of time for interactive discussions, where clinical staff addressed practical concerns such as how to handle rusted instruments and the proper storage of sterile packs. After the event, the head of the ENT department shared, "We always thought of the CSSD as the team responsible for just cleaning, but today they came into our department, demonstrated how to properly maintain instruments, and taught us how to identify faulty packs. Now we truly understand—each sterile pack is backed by a thorough and scientifically driven process."



三、后续行动：从“一次活动”到“长效机制”

Next Steps: From a One-Time Event to Long-Term Change

开放周虽已结束，但质量改进永不止步。消毒供应中心已制定后续计划：汇总问题清单，将各科室反馈的共性问题（如预处理工具不足、标识认知模糊）形成专项整改台账；建立“消毒—临床”联络员制度：每季度一次临床走访活动，持续跟进改进效果。

Although the Open Week has ended, the commitment to quality improvement is ongoing. The CSSD team has already put plans in place for the next steps: compiling a list of issues and addressing recurring concerns raised by departments (such as inadequate pre-treatment tools and unclear labeling) with specific corrective actions. Additionally, a “CSSD-Clinical” liaison system will be established, with quarterly visits to clinical departments to monitor improvements.



四、结语 Conclusion

科学灭菌，是技术；无菌护航，是责任；开放“供”赢，是态度。四川友谊医院消毒供应中心将以第十届世界灭菌科学日为新的起点，继续秉持“开放、专业、协作”的理念，与临床科室携手，共同筑牢患者安全的每一道防线。

Scientific sterilization is a skill; ensuring sterility is a responsibility; and fostering shared excellence is an attitude. The CSSD of the Sichuan Friendship Hospital will use the 10th International Day of Sterilisation Sciences as a fresh starting point, continuing to uphold the principles of "openness, professionalism, and collaboration," working closely with clinical departments to reinforce patient safety.



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日期：2026 年 4 月 17 日
17 April, 2026