This study aimed to investigate the appropriate ‘scrubbing’ technique for needleless connectors to minimize contamination risk” Satou et al (2018).

Summary:

This study aimed to investigate the appropriate ‘scrubbing’ technique for needleless connectors to minimize contamination risk. To demonstrate a highly effective scrubbing technique to physically eliminate bacteria, needleless connectors were contaminated with Geobacillus stearothermophilus spores and then scrubbed. The study showed that the highest bacterial elimination rate was achieved by the following optimum and specific ‘scrubbing’ technique: Scrub an access port in a straight line with an alcohol cotton swab, applying a force which is almost equal to an arterial compression hemostasis to the access port, and repeat this procedure once using a new alcohol cotton swab.”

Reference:

What is the most appropriate scrub the hub technique?