

Clinic Requirements and Protocols (updated May 7, 2020)

This directive includes requirements regarding:

- Screening
- Hand hygiene
- Environmental cleaning and disinfection
- Physical distancing
- Use of PPE
- Exclusion or work restrictions during staff or therapist illness

<p>1. Therapists must complete the self-screening Fit for Work Screening Questionnaire prior to entering the clinic.</p> <ul style="list-style-type: none">• If a therapist answers YES to any of the questions in the screening tool they will not be permitted to enter the clinic. They will be directed to self-isolate and contact Health Link 811 for further direction.
<p>2. A log of all persons entering the clinic will be maintained (including patients, couriers, those picking up product) in order to facilitate contact tracing if needed. This log will be managed privately by the clinic and must be kept while this directive remains in place.</p>
<p>3. Therapists must practice <u>strict hand hygiene</u>. Hand hygiene can be accomplished by either washing hands with soap and water and then drying with single use cloth or paper towels or using alcohol-based hand sanitizer. Alcohol-based hand sanitizer must be approved by Health Canada (DIN or NPN number), with a final concentration of 60-80 per cent ethanol or 60-75 per cent isopropanol.</p> <ol style="list-style-type: none">a. Upon entering the clinic.b. Before contacting clean linens.c. Before contacting the patient during the treatment.d. Immediately after the treatment.e. After contacting dirty linens.f. After disinfecting the treatment room and any other contact surfaces.g. After touching their face.h. Before donning, after donning, before doffing and after doffing PPE.
<p>4. Therapists must wear clean clothes to the clinic each day, and drive directly from home to the clinic. Clothes worn at the clinic must not be worn in public afterwards. Clothes must be laundered in hot water with soap.</p>
<p>5. Therapist must wear a <u>surgical mask</u> during all patient interactions at the clinic and at any time when unable to maintain 2-meters of physical distance. One mask may be worn for the entire work shift but must be discarded if it becomes damaged, soiled, wet, when taking a break and at the end of the shift. Never reuse a mask.</p> <ul style="list-style-type: none">• Donning mask protocol:<ol style="list-style-type: none">a. Perform hand hygiene.b. Open mask fully to cover from nose to below chin.c. Put on mask.d. Secure elastic loops behind ears.e. Mould the flexible band to the bridge of nose (if applicable).f. Ensure snug fit to face and below chin with no gaping or venting.g. Perform hand hygiene.• Doffing mask protocol:<ol style="list-style-type: none">a. Perform hand hygiene.



<p>b. Lean slightly forward, grasp mask by the loops behind ears, remove from face, discard.</p> <p>c. Perform hand hygiene.</p>
<p>6. All contact surfaces within the treatment room must be disinfected, using a disinfectant on Health Canada’s approved list, between every patient.</p> <ul style="list-style-type: none"> • Head piece, table, stool, patient chair, side table, lotion bottle, any other therapeutic tools used during the session, clipboards, pens and the payment system if touched.
<p>7. Any contact items in the treatment room that cannot be easily disinfected must be removed from the immediate area.</p> <ul style="list-style-type: none"> • Business cards, pamphlets, books, magazines.
<p>8. Other common contact surfaces in the clinic must be cleaned a minimum of twice daily or whenever visibly soiled. Common contact surfaces include:</p> <ul style="list-style-type: none"> • Light switches, doorknobs, taps, toilet, countertops, handrails, payment system, touch screens, phones.
<p>9. No intraoral or extraoral TMJ treatments will be permitted at this time. Patients will be verbally instructed how to self treat this area at home as needed).</p>
<p>10. The clinic will temporarily be closed to new patients.</p>
<p>11. All clinic linens, contacted by the patient or therapist during the treatment and towels used for drying hands after washing must be washed in hot water with regular soap and dried fully before reuse. Therapist must practice hand hygiene after contacting dirty linens, and prior to contacting clean linen.</p>
<p>12. No more than 15 people will be permitted in the clinic at a time and must maintain a 2-meter distance from each other if not wearing a mask.</p>
<p>13. In the event that a patient who has gone through the electronic screening process enters the clinic presenting with signs and symptoms consistent with COVID-19, the therapist must:</p> <ol style="list-style-type: none"> Establish and maintain a safe physical distance of two-metres. Have the patient complete hand hygiene. Provide a new mask for the patient to don. Segregate the patient from others in the clinic. Explain the concern that they are symptomatic and cancel the appointment. Advise the patient they should self-isolate, complete the online self-assessment tool and call Health Link 811. Clean and disinfect the practice area immediately. Ensure a record is kept of all close contacts of the symptomatic patient and other visitors and staff in the clinic at the time of the visit. This information will be necessary for contact tracing if the patient later tests positive for COVID-19. The therapist is required to call Health Link 811 to receive guidance if they are aware of a patient who has visited their clinic within the last 14 days and is now testing (or has tested) positive for COVID-19.

Sources:

Alberta Public Health Disease Management Guidelines

MTAA Standard of Practice 3 – Washing hands and any surface that will come in contact with the patient

MTAA Standard of Practice 14 – Use of personal protective equipment during a treatment

Health Canada – Authorized list of hard surface disinfectants and hand sanitizers

Alberta Health Service – Personal Protective Equipment, Fit for Work/Visit Screening Questionnaire

Alberta College and Association of Chiropractors – Pandemic Practice Directives

Physiotherapy Alberta

