

COVID-19 Infection Prevention Strategy for LKPhysiotherapy

LKPhysiotherapy and Lenora Klassen PT presents the following as a plan for prevention of the spread of COVID-19 and other pathogens. While efforts are being made by both Lenora Klassen PT and efforts requested of each client (demonstrated below), there remains a risk of infection in any treatment requiring close contact. As it is impossible to provide hands on treatment while maintaining social distancing, benefits of the treatment must be greater than the risk of infection. If this is not the case, the appointment must be cancelled.

Taken from BCCDC:

About COVID-19

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The disease caused by this new coronavirus, SARS-CoV-2, has been named COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

Transmission

COVID-19 is most commonly transmitted through large droplets produced when a person infected with COVID-19 coughs or sneezes. The virus in these droplets can enter through the eyes, nose or mouth of another person if they are in close contact with the person who coughed or sneezed. The virus can also enter a person's body from touching something with the virus on it and then touching one's eyes, mouth or nose with unwashed hands.

LKPhysiotherapy COVID-19 transmission prevention strategy includes the following:

1. screening for any symptoms or contact with possible or known COVID sources.
2. Enhanced cleaning of physical space
3. Changes in movement patterns
4. Use of PPE

1. Screening:

A required screening questionnaire will be sent with the reminder email two days prior to the appointment. It is mandatory for this to be filled out in advance. Any appointment which needs to be cancelled for health reasons will not be charged a cancellation fee regardless of the amount of notice given. Included in the screening questionnaire is a specific consent to treatment and waiver. This consent and waiver must be affirmed in order to receive treatment.

A contactless thermometer will be on hand to verify that no fever exists.

Lenora Klassen PT commits to monitor symptoms and possible exposure. If symptoms develop or possible exposure is revealed, she will cancel all appointments until the risk of transmission has passed.

2. Cleaning

Cleaning of all treatment tables, POS, chairs, doorknobs will occur between each client. Fresh linens on all pillows and treatment tables between each client.

The bathroom will be deep cleaned daily or twice daily depending on the length of work day

Hand washing station will consist of clearly posted handwashing instructions, contactless soap dispenser, single use hand towels and specified laundry for hand towels.

All toys will be removed from the space and any parents of children coming for treatment will be asked to bring their own toys for their child if they choose.

Because there is no way to monitor touch exposure in my outdoor space no attempt to clean outdoor surfaces will be made except doorknobs.

3. Movement of People

Clients will stay in their vehicles until invited to come in.

Only necessary assistants will come with the client to their appointment

All attendees will be required to wash their hands according to posted instructions at the hand washing station upon entering.

The bathroom will be for emergency use only.

One way traffic only through the clinic space to ensure no accidental meetings in tight spaces. Social distancing of 2 meters (6 feet) remains in effect except for that which is necessary for physiotherapy treatment.

4. PPE

Clients will come wearing a face mask

Lenora Klassen PT will wear a clean gown and mask for each client or each cohabitating family of clients who come together.

Special permission with additional use of face shield by the therapist if intraoral techniques are requested.

Lenora Klassen PT endeavors to keep everyone safe. It is her discretion to deny treatment to anyone displaying symptoms or anyone not willing to comply with the above guidelines.