

Fuscaldo Chiropractic and Total Health Centre

COVID-19 Safety Plan

May 17, 2020

This plan is developed with the goal of reducing the risk of exposure to the virus which causes Covid-19 for the professionals and patients within Fuscaldo Chiropractic and Total Health Centre. This plan is updated regularly and is employed May 19, 2020 onward.

“Coronavirus is transmitted via liquid droplets when a person coughs or sneezes and can enter through the nose, mouth or eyes if within close contact.

The virus is not known to be airborne (i.e. transmitted through particles floating in the air) and does not enter through intact skin.

The virus can be spread by touch, if a person has used their hands to cover their mouth or nose when they cough or sneeze. We recommend you cough or sneeze into your arm and wash your hands or use hand sanitizer regularly when soap and water are not readily available.”

Source:

<http://www.bccdc.ca/health-info/disease-conditions/covid-19/about-covid-19/how-it-spreads>

This safety plan is made using the following resources:

BC CENTRE for DISEASE CONTROL

PROVINCIAL HEALTH OFFICER

WORKSAFE BC

BC CHIROPRACTIC COLLEGE

BC CHIROPRACTIC ASSOCIATION

CANADIAN CHIROPRACTIC ASSOCIATION

COLLEGE of MASSAGE THERAPISTS of BC

REGISTERED MASSAGE THERAPISTS ASSOCIATION of BC

4 Levels of Protocols for Fuscaldo Chiropractic and Total Health Centre

1. First Level Protection: ELIMINATION

The clinic has a limit of **15 people (patients and professionals) total capacity** at any one time. Notice is posted in the clinic entrance.

The reception area has a limit of **3 patients** and a notice is posted in the reception area.

These numbers are calculated so that any 2 people can safely maintain a **2 metre (6 feet) distance**.

There are floor markers to indicate what these distances are throughout the clinic.

Patients will be asked to arrive at their appointment time. If there are already two patients in the reception area, excluding staff, patients will be directed to wait outside. Notice is posted on the entry door.

Markers are also on the sidewalk in front of the clinic clearly marking physical distance waiting line-up, allowing space for other pedestrians to pass.

Physical distancing of professionals and patients is maintained at all times except when hands on treatment is employed.

2. Second Level Protection: ENGINEERING CONTROLS

A plexiglass barrier has been installed at the front desk to augment safety and distancing.

3. Third Level Protection: ADMINISTRATIVE CONTROLS

Cleaning protocols for all common areas in the clinic include disinfection of door handles, countertop, telephones, computer screens and keyboards, pens, chairs, bathroom, kitchen, faucets, and other common touch points. This will be done at the minimum of once per hour or after each use.

Professionals will use a hand towel or other barrier to open doors, turn on taps etc. after treatment and immediately wash their hands. Hands are washed immediately prior to commencing treatments.

Patients are directed to wash hands upon arrival to the clinic.

Hand gel will be placed in each treatment room for ease of access.

A daily cleaning form including date, time, initial, and any additional notes or comments is located at the front reception and in the washroom. After each professional performs this protocol they fill in the appropriate information on the form.

All professionals will self-assess for COVID-19 symptoms before the start of each workday. Ongoing communication between professionals and patients regarding self-assessment will promote safety and accountability.

A “risk of exposure to/and prevention of COVID-19 during treatment” form is discussed, dated, and signed before the patients’ first treatment. Subsequent treatments will be documented in the patient file as verbal consent.

4. Fourth Level Protection: PERSONAL PROTECTION EQUIPMENT

Masks are required to be worn by professionals and patients in all common areas.

Mask use within treatment rooms will be decided by each professional with patient consent.

Alternate PPE may be utilized eg. pillowcase on face rest for massage as deemed necessary.

What professionals expect from their patients

Upon scheduling an appointment patients will be directed to use the online self-assessment tool provided by the BCCDC. This tool is required to be used prior to arriving on the appointment date.

Patients will be screened for COVID-19 symptoms upon arrival for appointment.

Should a patient experience symptoms relating to COVID19, or seasonal cold/flu (unrelated to an already known/diagnosed condition i.e. seasonal allergies, rhinitis) they must immediately cancel their appointment. They are directed to follow instructions on the BCCDC website which includes self isolation for 14 days.

On the appointment date, practitioners will contact patients prior to the appointment time as a confirmation and screening.

Patients will not arrive more than 5 minutes prior to their appointment time and will follow distancing and capacity levels listed above.

Patients may contact their professional upon an agreed method once arrived outside of the clinic.

Patients will wear masks when inside the clinic in any common area. Masks will be provided for patients who do not have them.

Hand sanitizer is provided for patients access.

Patients are asked to reduce touch points in the office.

Please note: *Chiropractic patients have been instructed, if comfortable, to enter and sanitize hands on their own and enter Room 2 waiting room, leaving the door open. This occurs after the first visit during COVID protocol.*

Patients are escorted to their treatment room.

When treatment is finished, patients are instructed on how to proceed for payment and rescheduling. All forms of scheduling and payment are via technology to reduce touch points. This includes tap/interact, e-transfer, or a prearranged form of payment agreed upon ahead of time.

Social gatherings in common areas are discouraged.

Use of the clinic washroom by patients is discouraged. All touch points in the washroom are cleaned and documented after every use, as outlined above.

New patients are to download and fill out the Chiropractic or Massage Therapy intake forms online and can email the form/s or print and bring them in person to their appointment.

Practitioner/Chiropractor understands that by screening a patient/client to the best of their ability, and by following this protocol and procedure policy listed, should they contract COVID-19, there is no liability to the patient/client.

What patients can expect from their professionals

Regular communication regarding all safety precautions.

Professionals will reschedule appointments if they are experiencing symptoms of COVID-19 or seasonal cold/flu, not including non-contagious conditions such as seasonal allergies or rhinitis.

Professionals will stay current with changes to policies as they become available through licensing board/college, provincial health officer.

Professionals wear masks in all common areas.

Professionals wash hands upon entering the clinic, before and after each treatment, and as needed.

Treatment rooms and common area/touch points are regularly disinfected.

**Chiropractor follows protocol of changing out of street clothing upon arrival to clinic, and into clothing worn for clinic shift, and out of clinic clothing back to street clothing upon exiting shift. Alternatively, the use of an apron or medical jacket may be used.*

Patients understand that they have chosen to make an appointment, have answered self-assessment questions prior to their appointment, have chosen to enter the clinic and understand that steps have been taken, to the best of the professionals ability, to reduce the risk and exposure of COVID-19 through the use and implementation of this clinic protocol and in turn do not hold liable the professional or clinic should they contract COVID-19.

What professionals expect from each other

Each professional must self assess their health by means of the BCCDC tool before entering the clinic. Should a practitioner experience Covid-19 symptoms or cold/flu (symptoms not relating to pre-existing conditions such as allergies or rhinitis), they will self isolate and follow the BCCDC protocol.

Each professional will wear a mask in all common areas.

Socialization with patients and other professionals in common areas is kept to a minimum.

These steps are being taken to minimize the risk of transmission of COVID-19. All professionals understand the risks involved in returning to practice. We have each employed these safety precautions to the best of our ability and do not hold one another liable should any professional become exposed to COVID-19.