

COVID-19 Procedures and Strategies to Minimize the Threat of Infection

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Keep up-to-date with State and local public health officials regarding the incidence and guidelines of the Covid 19 virus. This includes recommendations and opening dates by those governmental agencies.

On the Federal level this includes following the recommendations by the CDC (Center for Disease Control) for dealing with the Covid 19 virus.

Agencies are as follows:

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://www.cdc.gov/coronavirus/2019-ncov/index.html?>

CDC recommendations:

CDC AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html
<https://www.cdc.gov/hai/prevent/resource-limited/laundry.html>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?>
CDC AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html

AAFP- https://www.aafp.org/dam/AAFP/documents/patient_care/public_health/COVID-19%20Office%20Prep%20Checklist.pdf

Federal Guidelines - <https://www.whitehouse.gov/openingamerica/>

State Guidelines (PA & DE) <https://www.fema.gov/>

PA - <https://www.governor.pa.gov/process-to-reopen-pennsylvania/#E>

F.E.M.A. <https://www.fema.gov/coronavirus/>

P.E.M.A. <https://www.PEMA.pa.gov>

Delaware County- <https://www.delcopa.gov/ich/resources/coronavirus.html>

Phases of Care

A. Pre-Engagement

- COVID-19 notice on Healing Axis website indicating signs and symptoms of COVID-19. If any person has any of these symptoms they should not make an appointment and if they already have they will need to cancel. They will also be advised that if they have any of these symptoms they are encouraged to contact their doctor or a medical professional authorized to be able to screen patients.
- New patients are screened by phone previous to their first office visit. Screening includes not only the nature of their health concerns around the visit but also questions about symptoms that might indicate COVID-19 infection.
- Signs and Symptoms of COVID-19:
 - New cough*
 - New shortness of breath*
 - New fever, or feel feverish
 - New chills, or repeated shaking with chills
 - New fatigue*
 - New sore throat*
 - New loss of taste or smell
 - New nasal congestion*
 - New muscle aches that are not caused by specific activity such as exercise*
 - New diarrhea - that cannot be attributed to another health condition
- Signs on the entry door of the building at 102 E. State St. in Media: **Please Read**
 - About COVID-19 and a list of its symptoms and that if they have any of them to not enter the building.
 - All entering are required to wear a mask and practice safe social distancing.
 - Instructions on how to wear a cloth face covering at following CDC link- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> will be sent in an email campaign, previous to reopening, along with other instructions for their visit at Healing Axis during the COVID-19 epidemic.
- Staggering of appointments so that there is a 30 minute spacing between patients to avoid multiple people in waiting area and to allow sufficient time to disinfect thoroughly between

patients. This is designed to eliminate having to wait in the waiting room on first floor so patient can go directly upstairs to Healing Axis clinic space.

- Option to call in from car with mobile phone for curbside check-in.
- Patients will be instructed to proceed directly to upstairs clinic where they will wash their hands first before entering the clinic rooms.
- infrequently used items and shared items will be removed from treatment room.
- **Disinfectant protocols**
 - FDA approved disinfectant wipe down of common surfaces in clinic. These include: treatment table, instrument tray, bolster, face cradle, door handles, drawer handles, cabinets stools, light switch and restroom door handles and toilet flush handle. Clean and disinfect treatment table, countertop, chairs/stools, door handle, sink, faucets, light switches, hand sanitizer pump handle as well as any other identified high-touch surface.
 - Signs at clinic entry door to wash hands. If patient fails to do so they will be asked to wash their hands before entering.
 - Disinfect bannisters on stairway at beginning of day.
 - Restroom- sign on door to remind to wash hands.
 - clean and disinfect restroom before, periodically during and after workday.
 - Availability of hand sanitizer (at least 80% alcohol) inside both rooms of clinic to make hand washing even more accessible but soap and water is most preferred.
 - Use of a germicidal UV light during operating hours. Ionic Pro- model TPG 100. Does not expose light into room, is interior to unit as it uses a fan to intake air which is then exposed interiorly in unit to the UV light.
 - Removal of table accessories: foam, fleece covers and heating pads and any other textile porous coverings.
 - Table paper. After treatment paper will be disposed. Sheets will be gently folded and put in a plastic bag that will be closed with a tie in the bag. Any plastic sheetings will then be cleaned with FDA approved bleach to disinfect at an offsite location.
 - Placement of a plastic sheet on the rug below the headrest when treating patients prone. These plastic sheets will be disinfected as above.
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PPE- Personal Protection Equipment

- Surgical gloves will be worn while needling upon patient request.

- Practitioner will wear an N95 or HN95 mask depending on availability of N95's and will don a surgical face mask on top. Donning procedure will be done before patient entry inspecting the mask for any soiling or defects. If no HN 95 or N95 masks are available a surgical mask will be worn and disposed of safely at end of day.
- Doffing of practitioner mask will be done outside of treatment room. Doffing of masks will be done gently and will be removed by contacting the interior of the mask to remove. Hands will be washed right after doffing the mask. Storage of masks to be reused will be in a paper bag. Donning and doffing will be attempted to be kept at a minimum. Wearing a mask will be done while disinfecting and while cleaning the clinic rooms. Doffing protective equipment will be done in order of dirtiest to less dirtiest; i.e. gloves, eyewear, surgical mask and then N or H95 mask.
- If mask worn by patient is considered unsafe (not covering face sufficiently) a new face mask will be provided and asked to doff and dispose the old mask in a provided plastic waste bag to be secured and don the new mask appropriately after having had hands washed.

B. Engagement

- All patients will continue to wear masks throughout their visit. Tongues will not be checked.
- Treatment session durations will now be only one hour to curtail longer exposure to patients.
 - Strict Clean Needle Technique will be enforced.
 - Clean laundry will be stored in a closed cabinet or sealed container
- Temperatures will be taken with a no contact infrared digital thermometer scanning the forehead. Multiple scans will be taken if the temperature is at 100.4 or above. If temperature still indicates it is at 100.4 or over the patient will be informed and again asked about other possible Covid symptoms. They will then be asked to leave the premises and advised to call their doctor or professional medical practitioner.
- To provide a safer distance during the intake process patient will proceed to treatment table instead of the office room.
- Have patients fill out a Covid 19 Informed Consent to Treat form.
- Use of gloves when there is any possibility of exposure to any blood or body fluids.

- Acupressure and guasha treatments will be suspended temporarily while COVID-19 is active in the local area to mitigate exposure to infection.
- Payment- credit cards can be left on desk of practitioner. Patients will not be required to sign. Handling of credit card will be done with PPE gloves and then disposed in a sealed plastic bag.

C. Post-Engagement

- See A. Pre-engagement- Disinfectant Protocols
- Use of a UV Light and ozone ionizer between patients to disinfect the treatment room. This procedure will be done for the allotted recommended time for the area of the room. No persons can be present while UV light irradiation takes place.
- Signs will be posted on the door of the room that is having UV light disinfection to not enter.
 - UV light disinfection units will be unplugged after each disinfection session.
- rugs will be vacuumed at end of day.
- Gloves will be worn when handling any laundry or plastic sheeting. Used plastic sheeting and any laundry will be contained in a sealed plastic bag.
- Laundry will be done offsite using hot water (70–80°C X 10 min) [158–176°F]) and an approved laundry detergent.
- Clean and disinfect treatment table, instrument tray, countertop, chairs/stools, door handle, sink, faucets, light switches, hand sanitizer pump handle as well as any other identified high-touch surface. Apply EPA-registered hospital grade disinfectant for the appropriate contact time indicated on the product label.
- Clinic clothing should be immediately removed upon returning home from clinic, and laundered.