

NAME OF POLICY: Post Covid-19 Out-Patient management in The Lymph Clinic	Page 1 of 3
PREPARED BY: Meadhb Mac Sweeney	EFFECTIVE:
APPROVED BY:	REVISED: 5/05/2020 REVISION NO.: 1

PROTOCOL STATEMENT:

This is the proposed protocol of *The Lymph Clinic* in anticipation of reopening our clinic doors post COVID-19 ceasing of clinical work March 24th. This proposed protocol is a reaffirmation of our commitment to a high level of ethical conduct and standards in conjunction with the mission and values of The Lymph Clinic: committed to the health and wellbeing of our clients, with compassion, kindness and integrity in a safe and secure environment.

BACKGROUND

Coronavirus is spread by sneeze or cough droplets. To infect you, it must get from an infected person's nose or mouth into your eyes, nose or mouth. This can be direct or indirect (on hands, objects, surfaces) ⁱ.

OBJECTIVE:

Ensure the safety of the patient and the therapist in regard to infection risks especially connected to COVID- 19. Create and maintain a standard of cleanliness of the treatment room and a policy of hand hygiene and personal protection to ensure a safe working environment.

TABLE OF CONTENTS OF THE POLICY

The policy is made of 4 sections:

- Preparation of the therapy rooms before/after treatment
- Triage phone call to the patient before treatment
- Instruction for patients
- PPE for the therapist and the patients
- Work schedule in the Lymph Clinic

SCOPE OF PRACTICE

For the foreseeable future clinical practice will only be conducted by Meadhb Mac Sweeney, Clinic Director. Moving forward other therapists will receive training/education by the Clinical director about the PPEs and hand hygiene policy.

EQUIPMENT: No equipment will substitute good hand hygiene technique.

All equipment and cleaning fluids required are provided by The Lymph Clinic:

- Nitrile disposable gloves: they are chemical and viral resistant.
- Protective eye shield
- Disposable wipes / paper towels
- Masks: surgical disposable, 3 layer with nose bridge & earloops

Table 1:

Cleaning agents:	Schedule:	Surfaces to be cleaned
Detergent to clean 70% alcohol to wipe dry	<ul style="list-style-type: none"> • Before treatment & • After treatment 	<ul style="list-style-type: none"> • Treatment table • Desk • Therapist chair. • Door handles
Spraying	<ul style="list-style-type: none"> • Once a day 	<ul style="list-style-type: none"> • Treatment room floor

General cleaning technique

Spray the cleaning materials and wipes with the cleaning agent (Detergent to clean over 60% alcohol).

1. Perform hand hygiene as per table 3ⁱⁱ
2. Remove single use table cover
3. Spray Treatment table, Therapist chair, desk with Detergent to clean & wipe with alcohol wipe >70%

4. All surfaces, to be cleaned using the following technique/sequence:
Wipe each surface using a sweeping motion in the direction appropriate to what is being cleaned i.e. Treatment table. Lift the wipe off the surface at end of single movement and start next section such that there is overlap in each sweep. Always work from the top the treatment table forward surface downwards.
 5. Once the cleaning is complete, dispose of wipes in the waste bin.
 6. Replace single use table cover.
 7. Procedure for Glove Change: Disposable gloves are changed at the end of the cleaning session or if they tear during the cleaning session.
 8. Perform hand hygiene as per table 3
- (Eye protection goggles/visor, gloves, mask to be worn always during cleaning)

Triage Phone Call

Every morning the therapist looking after the patient on that day, will contact them with the express aim of triaging prior to the patient attending *The Lymph Clinic*. Informed consent as to the potential risk of viral transmission while attending the clinic will be highlighted and in order to proceed with the treatment, the patient need to have answered NO to the triage questions:

Table 2:

	Yes	No	Action
A: Symptoms (within last 14 days)			
➤ Fever / Chills / Sweating			
➤ New shortness of breath			
➤ New / worsening cough			
➤ Sore throat			
➤ Malaise / Aches			
➤ Vomiting / Diarrhoea			
➤ Loss of taste or smell			
B: Exposure (within last 14 days)			
➤ Recent travel			
➤ Have you been in contact with a confirmed or presumed positive Covid-19 case			
➤ Have you been in contact with a person who is self isolating because they have symptoms of Covid-19 and is awaiting to be tested or awaiting results of a Covid-19 test			
➤ Have you stayed overnight in residential care			
C: Are you a Healthcare Worker (HCW)			
le has there been a recent outbreak in their workplace			
Signature:			

A patient signed triage form as per Table 2 will be added to all patient notes.

Instructions for the patients

Patient will be advised to:

1. Arrive on time to insure immediate entry to the Lymph Clinic
2. Communicate arrival to clinic manager via sliding window therefore entrance into main reception not necessary.
3. Enter the Cork Clinic unaccompanied, when advised by clinic manager by phone, driver will be advised to wait in the car park.
4. Wear a mask and to exercise hand hygiene before entering the room, and after treatment.
5. Ensure minimum conversation for duration of treatment.

Table 3:

How to wash your hands with soap and water using AYLIFFE TECHNIQUE	
1.	Wet your hands with warm water and apply soap.
2.	Rub your hands together until the soap forms a lather.
3.	Rub the top of your hands, between your fingers and under your fingernails.
4.	Do this for about 20 seconds
5.	Rinse your hands under running water.
6.	Dry your hands with a disposable paper towel.

PPE for the therapist and the patients

Therapist will wear:

1. Disposable apron which ties at the back for clean removal.
2. Disposable gloves: How to wear disposable gloves:
 - Perform hand hygiene as per table 3. before application
 - Disposable gloves are worn in the treatment room.
 - Perform hand hygiene as per table 3. after removal
3. Protective eye shield. How to wear protective eye shield:
 - Perform hand hygiene as per table 3. before application
 - Eye shield are worn in the treatment room.
 - Perform hand hygiene as per table 3. after removal
4. Mask. How wear a face mask properly:
 - Perform hand hygiene as per table 3. before application
 - Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
 - Tie the mask securely.
 - Replace the mask as soon as it is damp.
 - Remove it from behind - do not touch the front of the mask
 - Put it in a bin straight away
 - Perform hand hygiene as per table 3. after removal

Therapists will be instructed to wash her uniform after each day and all hair tied up.

Patient will wear: Mask: self-provided as will arrive with same.

Work routine in the Lymph Clinic

The routine of the Lymph Clinic will be changed as follows:

- Ensure 15 minutes between appointments
- Payment will be made over the phone or contactless in clinic.
- If the patient coughs during treatment, room will be left unentered for 1 hour and substitute room used for subsequent treatment

ⁱ <https://www2.hse.ie/conditions/coronavirus/protect-yourself.html?source=checker-bot>

ⁱⁱ <https://www2.hse.ie/wellbeing/how-to-wash-your-hands.html>

Signed: _____

Meadbh Mac Sweeney
The Lymph Clinic Director