

Enhanced Infection Control Practices Guide

Disinfect Commonly Touched Surfaces

Hourly	In-between Patients	Several Times throughout Day
Door knobs/handles	Exercise equipment	Clinic phones
Counter tops	Mat tables	Cell phones
Sink handles	Grippers	Keyboard
Pens (Clean cup/Dirty cup)	Gait belts	Mouse
Arms of chairs	Dumbbells	Hydrocollator handle
Toilet handles	Parallel bars	Key pad on copier/fax
Water fountain/cooler	Equipment handles	Microwave keypad/handle
	I-Pads	Refrigerator/freezer handle
	Ultrasound machine	

NOTE: Create a “dirty equipment” area in your clinic, where small pieces of equipment can be placed after patient use, so it can be disinfected before use by another patient i.e. gait belts, dumbbells, grippers, Theraband, dynamometer, Chatillon force gauge, etc.

Be in constant communication with your fellow employees in regards to whether or not a piece of equipment was disinfected. Let the patients hear you asking if equipment has been disinfected and/or comment to the patient that the next machine is ready since it has just been disinfected.

Place sanitizing wipes in a centralized location for use by patients. Some may feel more comfortable if they can wipe down the equipment themselves.

Hand hygiene

- All employees AND patients are to either use hand sanitizer or wash hands with soap and water upon entry into the clinic.
- Allow patients to see you sanitizing or washing your hands, or excuse yourself and tell them that is what you are going to do. We want the patients to know we are taking precautions.
- Display more signage regarding appropriate hand hygiene.
- Place extra bottles of hand sanitizer around the clinic including the front desk by the sign-in sheet. Can place a sign encouraging patients to use it.
- Wash hands/wrists with either soap and water for 20 seconds or hand sanitizer with at least 60% alcohol:
 - **Before and after each patient encounter**



- Upon entry into the clinic
- After touching potentially contaminated surfaces i.e. door handles, gas pumps, ATM's, shopping carts, pens, bathroom sinks/toilets, etc.
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- Before touching your eyes, nose, or mouth

Social Distancing in the Clinic

- Patients are to wait in their car if they arrive early for their appointment.
- Only patients are allowed in the clinic- no family members or other non-essential people. (Some service personnel can be in the clinic as long as they complete the screening questionnaire, and answer “no” to all questions.)
- Space chairs in the waiting room at least 6 ft. apart. Remove chairs if needed.
 - This is for the patients who use transportation services.
- Limit patient to patient contact in the gym. Try as best as you can to maintain the “6 ft. social distance” between patients.
- Refrain from shaking patients' hands.

Patient Screening

- Every patient must complete a Patient Screening Questionnaire before they can be treated.
- Every clinic will have a non-contact thermometer to take patient temperatures as part of the screening.

Employee Self-Monitoring

- Every employee should take their temperature prior to reporting to work. If 99.5° or greater, do not report to work and contact your physician.
- Monitor yourself for symptoms and follow the guidelines provided in the Coronavirus policy.



Cloth Face Coverings

- All employees are encouraged to wear a cloth face covering when in the clinic. In Florida it is mandatory that employees wear them.
- All patients are encouraged to wear cloth face coverings when in the clinic.
- Personalize your face covering. Decorate it if you would like, but be sure it can still be washed.
- Because you are wearing a face covering, the patients cannot see what you really look like. It is a good idea to wear a picture of yourself without the face covering, so they can see your smiling face.

Therapy Essentials- patients purchasing and bringing own equipment

- Recommend purchasing a therapy kit specific to their diagnosis, from Therapy Essentials. This will help with a couple of things.
 - They can bring their equipment with them to treatment to be used only by them, therefore no concern for using contaminated equipment.
 - Gives the clinician the opportunity to assess whether or not the patient is using the equipment appropriately and performing their HEP correctly.
Therapyessentials.com
oraphysicaltherapy.com

