Plan for Return to Clinical Practice in Respect of Covid-19 for  Grade Crescent Massage Therapy Clinic

This plan was developed with the goal of reducing the risk of exposure to the virus that causes  Covid-19 for both patients and the practitioner within our clinical setting. Here, we identify the  actions that the therapists at Grade Crescent Massage commits to, and that all visiting patients must commit to, in order to resume massage therapy services.

*“Coronavirus is transmitted via liquid droplets when a person coughs or sneezes. The virus can  enter through these droplets through the eyes, nose or throat if you are in close contact.*

*The virus is not known to be airborne (e.g. transmitted through the particles floating in the air)  and it is not something that comes in through the skin.*

*It can be spread by touch if a person has used their hands to cover their mouth or nose when  they cough. That’s why we recommend you cough or sneeze into your arm and wash your  hands regularly.”*

Source: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it spreads

The overall aim of these protocols is to reduce potential coronavirus transmission  by:

• Required ongoing self-assessment for signs of Covid-19 related illness in both the patient and  the therapist

• Reducing all physical, non-treatment related interactions amongst all people within the  practice environment

• Hand hygiene requirements

• Avoiding face touching

• Enhanced cleaning protocols

• Appropriate use of personal protective equipment (PPE)

• Meeting professional obligations, particularly related to informed consent and liability  insurance

**Self-Assessment for Symptoms of Covid-19: For Patients & Therapists Pre-Screening / Prior to Arrival**

• Patients will be informed about their responsibilities at the time of booking through the  booking email. A notice will be placed on the website, and the online booking software will  send them a copy of these protocols as part of a Covid-19 specific consent form they will be  required to sign electronically, prior to arriving at their appointment.

• One day prior to their booked appointment, the patient will be required to complete **COVID-19  Screening Questionnaire and Consent** and to stay home if they experience any symptoms  of Covid-19.

• The therapist will use the BC COVID-19 Self-Assessment tool him/herself, daily and commits  to cancelling all appointments if symptoms appear.

• Symptoms of Covid-19 are similar to other respiratory illnesses and seasonal allergies. An  appointment must be cancelled immediately if either the patient or the therapist presents with  even mild symptoms that may be signs of Covid-19 including:

o Fever

o Cough

o Chills

o Shortness of breath

o Sore throat or pain with swallowing

o Loss of sense of smell

o Headache

o Muscle aches

o Fatigue

o Loss of appetite

• Covid-19 Symptoms may range from mild to severe. Patients are required to cancel  appointments if they experience what they determine to be ‘just the sniffles,’ ‘seasonal  allergies’ or ‘just feeling under the weather,’ on the day of their appointment.

• As a part of this consent form, patients must commit to understanding that while we’ve taken  all possible measures to minimize risk of viral transmission, the nature of massage therapy  means that physical distancing is not possible in the treatment room.

• In order for massage therapy treatment to commence the therapist and patient must agree  that the therapeutic benefit of massage therapy outweighs any potential consequence of  treatment, including the possibility of viral transmission.

• Patients must confirm that they have not been in contact with anyone displaying illness, or  signs and symptoms of Covid-19 within 14 days prior to their treatment.

• Patients with higher risk profiles and/or weakened immune systems should consider  alternatives for care and postpone treatment.

• The patient and the therapist must both agree that the benefits of massage therapy outweigh  the potential risks involved.

• Patients who develop even mild illness or symptoms should cancel booked appointments,  even without notice.

• The patient will not be charged a late cancellation fee if they cancel due to illness.

**Upon Arrival**

• The therapist will advise patients of her current Self-Assessment results upon their arrival at  the clinic. Patients will be asked to share their own results.

• Upon arrival patients must confirm that they have done a pre-screening and have no signs of  Covid-19

• If the patient has a mask, they are asked to bring it with them and wear it when they arrive. If the patient does not have a mask, a single-use mask will  be provided and they will be asked to wear it upon entering the clinic space.

• Patients must confirm that they have not travelled outside British Columbia within 14 days prior to their appointment.

• The treatment will be cancelled immediately if the patient does not meet the pre-screening  criteria upon physical presentation at the clinic.

**Physical Distancing**

**Reception Area / Entry into Clinic Space**

• Only 1 patient/person is permitted in the clinic space at any given time. Patients must arrive  unaccompanied.

• The therapist and the patient will both maintain a space of 2 meters (6 feet) distance between  each other in all clinic areas outside the treatment room.

• Patients are asked to arrive on time and not early or late for appointments.

• Patients are required to wait in their vehicles or outside the clinic, until the therapists comes  to the clinic door to call them in.

• The clinic door will be propped open.

**Within the Treatment Room**

• It is not possible to maintain physical distancing while in the treatment room.

**Hand Hygiene**

**Reception Area / Entry into Clinic Space**

• If hands are visibly soiled, the patient must wash hands in the washroom.

• The therapist will wash hands thoroughly for at least 20 seconds between patients, before and after disinfecting spaces, and before donning or doffing other PPE like facemasks.

• Payment occurs in the treatment room. A wireless Point of Sale system with Tap is available for card use. In the event that this does not work, and  invoice may be emailed to the patient in order that they pay it online.

**In the Treatment Room**

• The therapist will open the door to the treatment room and allow the patient to enter. The  therapist will open/close the door before, during and after the treatment as required – reducing  the need for the patient to touch the door.

• Patients will be permitted to open the door for themselves after the treatment to let the  therapist back in for payment and rebooking.

• Tissue is available inside the treatment room that the patient may use as a barrier when  opening the door.

• Hand sanitizer is available within the treatment room; patients will be asked to wash or  sanitize their hands after the treatment.

• The door and doorknobs will be disinfected between each patient.

**Avoid Face Touching**

• The therapist will communicate with the patient that coronavirus can be transmitted by touch if  droplets are on the hand when it touches the face, as it can transfer those infected droplets to  the mouth, nose or eyes.

• Patients are required to wear face masks that cover both the nose and mouth at all times  within the clinic space if they are showing signs of allergies.

• Intraoral treatments will not be conducted at this time.

**Enhanced Cleaning**

• Additional time has been scheduled between patients to allow for thorough cleaning of the  treatment room.

• Common areas will be cleaned and disinfected at least twice a day.

• All high touch surfaces will be cleaned and disinfected between patients, regardless of  appearances. High touch surfaces include (but are not limited to):

• Light switches, door knobs, POS machine, electronic devices, table surfaces, chairs, stools,  window coverings, faucets, etc.

• The treatment table, table levers, face cradle, lotion bottles will be wiped down imediately after  each treatment.

• All linens, and pillow cases are single use only and will be laundered using high heat,  detergent and bleach between each use.

**Personal Protective Equipment**

• The therapist will only wear a face mask.

• Patients are required to wear a facemask in the clinic at all times ONLY if they are displaying  signs of allergies OR agreed upon with the therapist. If patients have their own fabric or  surgical facemask, they are requested to bring it. If they do not have a mask, a single-use  non-medial mask will be provided at a small cost to them at the time of their treatment.

**In the Event That a Patient Alleges they Caught COVID-19 from the  Therapist**

• The therapist will immediately call public health at 8-1-1 to report the alleged transmission,  providing both the name of the RMT and the name and contact details of the patient. • The patient must agree to the release of this information in order to receive treatment. • All massage therapy appointments will be cancelled and the Therapist will cease to provide  services until Public Health has investigated and provided direction.

• The therapist will immediately self-isolate until Public Health has investigated and provided  direction.

**Asymptomatic Spreaders**

• Asymptomatic transmission of the coronavirus is an unavoidable risk of practice until we’ve acquired herd immunity, and there is an effective treatment or vaccine against Covid-19.

• We have put into place protocols to help mitigate that risk as outlined in the preceding  documentation.

**Informed Consent**

• In the current environment of Covid-19 risk, informed consent requires that the patient be  informed and understands that:

• Any massage therapy treatment involves some risk of Covid-19 transmission • The therapist is following protocol to help reduce or mitigate risk where possible, but that risk  cannot be reduced to zero

• The patient consents to the treatment despite some risk

• The RMT will document the patient’s consent in advance and at every treatment.