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**Plan for Return to Clinical Practice in Respect of Covid-19**

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 your therapist, Leslie Creith RMT, 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

• 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

**For Patients & Therapists Pre-Screening /Prior to Treatment**

• Patients will be informed about their responsibilities at the time of booking with an email announcing Re-Opening and at the time of booking.

• Patients will be required to sign a written Liability Release Form in Regards to COVID-19.

• The online booking software will send patients a COVID-19 Assessment Survey to be completed before every scheduled appointment. This is in addition to all patients completing the online BC COVID-19 Symptom Self-Assessment tool 24 hours before their appointment. The tool can be found here: <https://bc.thrive.health/covid19/en>

• If there are any finding of symptoms or contraindications noted on the COVID-19 Assessment Survey, the therapist will contact the patient prior to their appointment to discussion findings and possibly reschedule the appointment if cancellation is indicated.

• Patients who develop even mild illness or symptoms must cancel booked appointments, even without notice. Cancellations fees due to illness with be waived.

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

• 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.

**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;

• Those at higher risk for serious complications of COVID-19 should consider alternate or postponing treatment.

• The RMT will document the patient’s consent in advance and at every treatment. Written consent will be required for the first appointment upon re-opening, and then verbal consent for every subsequent treamtment.

**Upon Arrival**

• The therapist will advise the patient of her current results from online BC COVID-19 Symptom Self-Assessment tool.

• Patients will be asked to confirm their own current results from online BC COVID-19 Symptom Self-Assessment tool.

• Masks must be worn at all times within the clinic space. 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. Options to reduce mask-wearing during prone positioning are being considered.

• Patient 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.

**Within the Clinic**

• Patients must arrive unaccompanied. Children have always been welcomed at Cadence Wellness, but under the current guidelines from my College of Massage Therapists of BC, it is best to come alone. If children are brought with you to your treatment, your hands-on treatment time may be reduced to allow for extra cleaning, and you will need to provide consent for your child being in the treatment room and consent to the child being pre-screened before entering. Please inform Cadence Wellness of your intention to bring your child prior to your appointment.

• The fabric interview chair has removed and replaced with a polyurethane chair that will be disinfected between all appointments.

• Coffee, tea, water have been removed from the clinic. Small cups of water may be accessed by the therapist for the patient, if needed. Bottled water is available upon request.

• Nothing remains in the clinic space that cannot be disinfected after each touch.

• Patients are asked to arrive on time, not early, for their appointment.

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

• The clinic door will be opened and closed for the patient by the therapist upon entry and exit of the clinic.

• Patients are asked to please bring essential items only into the clinic with them.

**Within the Treatment Room**

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

• Patients are asked not to bring unnecessary belonging into the clinic.

• Patients will be asked to remove from the clinic everything that they bring with them.

**Restroom for Patient Use**

• Soap and fresh paper towels for drying will be available at all times.

• A waste bin has been placed next to the restroom door so that patients may use a paper towel to open the door, and then discard of it before re-entering the clinic space.

**Hand Hygiene**

• Immediately upon entering the clinic space the patient must clean their hands with hand sanitizer

• If hands are visibly soiled, the patient must opt to wash hands at the handwashing sink.

• The therapist will wash hands thoroughly with soap and warm water for at least 20 seconds, or with hand sanitizer frequently: between patients, before and after disinfecting spaces, before donning or doffing PPE like face masks or shields.

• Hand washing protocols will be posted.

**Payment**

• Contactless payment is preferred, via either E-transfer or by uploading a credit card to the patients Jane App profile. Cheque, and cash in exact amount, will still be accepted, but is not ideal. Cash change will not be provided at this time.

• Receipts will be emailed, not printed.

**Avoid Face Touching**

• 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.

• If you need to touch your face, please use a tissue. Tissue will be available to you.

**Enhanced Cleaning**

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

• Visibly soiled surfaces will be cleaned followed by disinfection with a Canada Health Approved for use against Covid19 disinfectant as listed here: <https://www.canada.ca/en/health-canada/services/drugs-healthproducts/disinfectants/covid-19/list.html> .

• Common areas will be cleaned and disinfected thoroughly and frequently.

• All touched surfaces will be cleaned and disinfected between patients. This include (but is not limited to): The treatment table, face cradle, lotion bottles, light switches, doorknobs, keyboards, toilet knobs, faucets.

• All linens are single use only and will be laundered using detergent and high heat between each use. (as always)

• A HEPA Air Purifier with UVC has been placed in the treatment room and in the washroom. They will be operational during the treatment unless the patient in question objects to the use.

• A disinfected plastic bin has been placed in the treatment room. The patient will be asked to keep their personal belongings in this bin during the treatment. Bins will be disinfected between each patient before cycling back into use.

• Linens required for each treatment (2 sheets, pillow case, face piece cover, and a hand towel) are stored in clean, closed, plastic bins to ensure utmost cleanliness of clinic linens. All bins will be sanitized before cycling back into use.

• The therapist will change her shirt between all appointments to reduce any cross-contamination risks.

**Personal Protective Equipment**

• The therapist will wear a face mask while with a patient.

• The therapist’s face mask will be changed in-between appointments.

• Patients are required to wear a clean face mask in the clinic at all times

• If patients do not have a fabric face mask, a single-use mask will be provided at the time of their treatment.

**Changes to Screening, PPE and Enhance Cleaning Protocols may evolve as the COVID-19 siutation evolves withing BC.**

**Professional Obligations/Liability Insurance**

• The therapist carries professional liability insurance through Wilson M. Beck as provided through the Registered Massage Therapist Association of BC.

• The therapist is following all the health and safety guidelines outlined by the Registered Massage Therapists Association of BC, the College of Massage Therapists of British Columbia and the Provincial Health Officer and that they are taking all reasonable precautions to clean and disinfect the clinic and all the surfaces within the treatment room.

• No guarantees have been made by the therapist, that the patient may not come in contact with COVID-19 at or during an appointment.

**In the Event That a Patient Tests Positive for Covid-19 Having Been to a Massage Therapy Appointment within the 14days Prior to Onset of Symptoms**

• The patient will contact the therapist and inform her of positive test results and possible transmission of the virus immediately.

• The therapist will immediately self-isolate.

• The therapist will call public health at 8-1-1 to report the possible transmission and act on direction of Provincial Health.

**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 under these circumstances in order to receive treatment.

**In the Event That the Therapist Catches COVID-19 or Displays Symptoms of Covid-19**

• The therapist will immediately self-isolate.

• The therapist will call public health at 8-1-1 to report the symptoms and request access to Covid-19 testing.

If testing is granted: All massage therapy appointments will be cancelled and the Therapist will cease to provide services until test results are returned negative.

If testing proves positive the therapist will follow Public Health directives in informing patients treated over the previous 14 days about potential transmission.

If testing is not granted: All massage therapy appointments will be cancelled and the Therapist will cease to provide services for a minimum of 10-days beyond the onset of symptoms, and/or until symptoms cease.

**In the Event That the Therapist Comes into Close Contact with Someone Showing Signs of Illness or Tests Positive for Covid-19**

• The therapist will immediately self-isolate.

• All massage therapy appointments will be cancelled and the therapist will cease to provide services until: The close contact has been tested for Covid-19 and the results proved negative and the therapist is well **OR** after self-isolating for 14 days and having no symptoms of fever develop  **OR** being cleared by a public health official.

**Asymptomatic Spreaders**

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

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

• No guarantees have been made by the therapist, that the patient may not come in contact with COVID-19 at or during an appointment.