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INTRODUCTION

The majority of these guidelines come directly from the Massage Therapy Association of Nova Scotia - Return to Work Protocols. These guidelines can be found here:

https://mtans.ca/document/6030/MTANS%20COVID-19%20RTW%20Protocol%20May%2031,%202020_final.pdf

Additional guidelines, that I have decided to add, have been outlined and denoted with an asterisk and *italics* (**).

Due to the rapid evolution of information, policies may change quickly to best suit the safety of the client, therapist and the public at large. As owner of Katelyn Dykstra Massage and Birth Services (KDMBS), I am committed to providing up-to-date information to clients as it becomes available. The protocols serve to assist in stopping the spread of COVID-19 and to protect the health and safety of all Canadians. If you have questions pertaining to the protocols or information regarding a safe return to work, please contact myself at: dykstradoula@gmail.com or by phone at: 902-759-5638.

MOBILE MASSAGE

Providing care in a client's home has the potential for elevated risk(s) due to the variability of the environments in which the care is provided and the relative lack of control the care provider has compared to a clinical setting.

****As such, I will not be offering mobile massage yet. I will continue to re-asses and provide updates, via the business website: www.bringingwellnesstoyou.ca**

Service Changes

- To limit contact where possible, only treatments of one hour (60 minutes) or less will be offered at this time.
- Existing clientele only. I will not be accepting new clients at this time.
- Due to the nature of COVID 19 transmission, facial and intra-oral massage will not be available.
- I will be limiting the supplies I bring:
 - Music: If you'd like to, you can supply your own.
 - Appointment book: I would be happy to rebook you virtually after your appointment.
 - Cash: contactless payment is preferred, exact cash will be accepted if necessary.

Screening

- Clients/companions – Pre-screening (explained on page 4) when appointment is booked. When the therapist arrives at a client's home a point of care risk assessment, and self-assessment questions will be asked again. *** Therapist will text/call from outside to complete the assessment***
- All household members must complete the self-assessment prior to providing client care. If any individual(s) are experiencing any Covid-19 related symptoms, it is recommended the individual contact 811 for direction and reschedules the treatment.
- If no symptoms are reported, the therapist will don the appropriate PPE for entry to the residence.
- Please place a small garbage can by the front door to discard and dispose of the therapists PPE safely.

Social Distancing

All household members will be instructed to maintain social distancing from the therapist (2 metres) during the entire visit. Social distancing should be maintained when applicable by the therapist to the extent possible during the visit.

Use of PPE

- When proceeding with client care (all risk assessments/screening procedures have been completed and treatment is deemed possible/appropriate), the therapist must wear a surgical/procedure mask at all times if they are involved in direct client contact and cannot maintain adequate social/physical distancing from household members.
- *** Therapist will sanitize hands and don mask while in the vehicle ***
- The surgical/procedure mask should be immediately changed and safely disposed of whenever it is soiled or wet, or whenever the therapist feels it may have become contaminated.
- All clients should wear a mask if receiving in-person care (a non-medical grade mask but should meet Public Health Guidelines).
- *** Therapist can supply a medical grade disposable mask, for the cost of \$3 or a reusable cloth, non medical grade mask for \$10 ***
- If providing masks for clients, the therapist must educate the client on the proper donning and disposal of masks and observe that it occurs properly.

- Masks need to be disposed of upon leaving the client's home.

PRE SCREENING & APPOINTMENT BOOKING

A safe environment for both the client and the therapist are the primary concern of these protocols. Safety begins before your therapist arrives at your location. Providing an initial pre-screening process with all clients prior to booking an appointment assists in ensuring the health and safety of everyone. To be able to verify symptoms were previously documented, we will only be taking existing clientele during this time.

At the time of booking, you will be required to answer a few pre-screening questions (see below). If you are unwell, you will be advised to use the 811 on-line self-assessment:

<https://811.novascotia.ca> and postpone the treatment.

Pre-Screening Questions:

1. Have you tested positive for COVID-19 that you have not fully recovered from?
2. Are you experiencing any of the following symptoms? *Not related to a previously documented health concern(s)
 - a. Fever (i.e. chills, sweats)
 - b. Cough or worsening of a previous cough
 - c. sore throat
 - d. Headache
 - e. Shortness of breath
 - f. Muscle aches
 - g. Sneezing
 - h. Nasal congestion/runny nose
 - i. Hoarse voice
 - j. Diarrhea
 - k. Unusual fatigue
 - l. Loss of sense of smell or taste
 - m. Red, purple or blue-ish lesions on the feet, toes, or fingers without clear cause
3. Have you traveled outside of Nova Scotia within the last 14 days?
4. Have you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19 (e.g. individuals exposed without appropriate PPE in use)?

If a therapist encounters a client who has gone through the screening process and enters a treatment room yet still exhibits signs and symptoms consistent with COVID-19, the therapist must:

- Establish and maintain a safe physical distance of two metres.

- Explain the concern that they are symptomatic, discontinue treatment and reschedule the appointment.
- Advise the client they should self-isolate.
- Clean and disinfect, the practice area immediately.

PAYMENTS

At this time, we will only be accepting Email Money Transfers or exact cash, to offer a contactless payment solution. Invoices & Receipts will be emailed.

INFECTION AND DISEASE PREVENTION PROTOCOLS

COVID-19 is known to be spread through respiratory droplets, either from a cough, sneeze or via surfaces that have been contaminated by droplets. It is important to take additional measures to prevent the spread of COVID-19 within our environment(s).

Cough Etiquette

- Cover coughs and sneezes with a tissue
- Dispose used tissues in the garbage and wash your hands
- Use an alcohol-based hand rub immediately after or Cough/sneeze into your elbow
- Avoid touching your eyes, nose, and mouth with unwashed hands

Hand Hygiene

Proper hand washing is recommended to stop the spread of COVID-19.

- Wash you hands for at least 20-30 seconds using an adequate amount of soap
- Ensure you are cleaning all necessary areas including, thumbs, wrists, forearms, and elbows if necessary
- Turn off tap and dry hands with a single use towel or disposable paper towel
- Alcohol based sanitizers (70% or above) may be used when hands are not visibly soiled
- The use of gloves does not substitute proper hand-washing
- ***Therapist will not use gloves during treatment***

Hand hygiene is required to be performed by the Massage therapist when:

- Entering the home setting
- Before contact with each client
- Before clean/aseptic procedures
- After contact with each client
- After contact with a client's surroundings or belongings
- Before donning PPE
- After discarding PPE
- After cleaning contaminated surfaces

Clients when:

- Before treatment in their home (mobile massage)
- After sneezing into hand
- Prior to processing payment

ENVIRONMENTAL CLEANING PROTOCOLS

Frequent cleaning and disinfection are necessary to prevent spread of Covid-19. Cleaning products remove soiling such as dirt, dust, and oils, but do not always sanitize surfaces. Disinfectants are applied after cleaning to sanitize, resulting in the destruction of germs.

Proper disinfectant products:

Disinfectants with an 8-digit Drug Identification Number (DIN) are approved for use by Health Canada. During the pandemic, only the Health Canada-approved disinfectants with a virucidal claim are appropriate for the elimination of viruses.

Vinegar, tea tree oil solutions, Thieves' oil, essential oils, and similar solutions are not proven to be effective disinfectants and cannot be used in place of Health Canada-approved disinfectants. It is a requirement that only approved disinfectants with a virucidal claim are used to limit the spread of COVID-19.

The frequency of cleaning and disinfection is dependent on the nature of use/contact of the surface/item in question:

- Client care/client contact items must be cleaned and disinfected between each client/use. Examples of client contact items include but are not limited to:
 - Treatment tables, all contact surfaces including pillows, and the entire headpiece/hand rests
 - Procedural work surfaces
- Commonly touched areas must be cleaned and disinfected a minimum of twice daily or whenever visibly soiled.
- Commonly touched areas include but are not limited to:
 - Light switches, doorknobs, toilets, taps, handrails, counter tops, touch screens/mobile devices, phones, and keyboards
 - Clipboards that clients contact must be disinfected after each client encounter
 - Pens/pencils used by clients must be disinfected after each client use or be single use only
 - Shared equipment such as computers, photocopiers, fax machines should also be regularly cleaned
- Any cloth items, such as towels, sheets, headrest coverings, etc., that are used must be laundered in hot water (above 60°C) with regular laundry soap before being dried and used

again. Therapists and or staff should wash their hands after handling used soiled items and before handling clean laundry. Laundry taken offsite should be transported using separate bags, e.g., one for clean/soiled linens.

- A regular schedule for periodic environmental cleaning must be established and documented.

*** Commonly touched areas within the vehicle will be cleaned and disinfected daily or when visibly soiled. ***

*** The client may view the cleaning log at any time, upon request. ***

CLOTHING

Clean clothes must be worn by the therapist each day. Clothes worn into clients home must not be worn in public afterwards. Therapists must change into different clothes at the end of their shift (end of day). To clean clothes worn for work, wash clothing in hot water (above 60°C) with regular laundry soap.

*** A vinyl reusable apron will be used by the therapist during treatment. It will be placed in the soiled laundry, with the sheets at the end of the treatment. A new, disinfected apron will be used for each client. ***

EXCLUSION OR WORK RESTRICTION IN THE CASE OF THERAPIST ILLNESS

Therapists must self-screen for symptoms before arrival at work with the same symptom screening questions used for clients. If screening is positive, staff and therapists cannot enter the clinic/work and must use 811s online assessment.

Therapists must complete a recorded formal screening upon arrival at work. This screening history must be kept while this directive remains in place.

RESOURCES

General Resources

- Nova Scotia's Novel Coronavirus (COVID-19) Disease Health System Protocol
- <https://811.novascotia.ca>
- <https://when-to-call-about-covid19.novascotia.ca/en>
- <https://covid19-employer-assessment.novascotia.ca/en>
- <https://novascotia.ca/coronavirus/working-during-covid-19/>
- <https://novascotia.ca/coronavirus/>
- <https://novascotia.ca/reopening-nova-scotia>

Hand Hygiene Resources

- Health Canada – Authorized list of hard-surface disinfectants and hand sanitizers
- Nova Scotia Coronavirus Resources - How to Hand Wash
- Nova Scotia Coronavirus Keeping Hands Clean - How to Use Alcohol-based Hand Rub
- Environmental cleaning and disinfection
- Health Canada – Authorized list of hard-surface disinfectants and hand sanitizers
- COVID-19 Public Health Recommendations for Environmental Cleaning of Public Facilities