



Optima Physical Therapy PLLC

Covid 19 Policy

Upon Arrival, we will have a pre visit screen where we will ask the patient whether they have been on a trip the past 14 days, if they have any symptoms in the last 14 days such as cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, and less common gastrointestinal symptoms such as nausea, vomiting or diarrhea. If the answer is yes to any of those, we would probably ask them to reschedule in 14 days.

We would ask COVID 19 specific questions wherein we would ask if the patient has been exposed to someone diagnosed with COVID-19 within the last 14 days. If their answer is “yes”, we would ask if they were tested for COVID-19 since exposure. We would ask if they have been diagnosed with COVID-19. If they have answered “Yes”, then we would ask if they have been cleared of it since testing positive. We would ask if they have discussed these symptoms with their physician if they have answered “yes” to any of the COVID-19 specific questions.

Patient may only come to the clinic with a visitor if it is medically necessary or if the patient is a child. All visitors will be screened in the same way as are patients.

Once their temperature is measured, it is recorded in the chart. If the temperature is high then we will retake it and if consistently high we will ask them to reschedule and contact their primary care physician for further guidance.

All patients will be asked to wear a mask/cloth face covering upon entering the clinic, or provided with one, except those for whom it is not indicated.

We have designated certain chairs to be used by the patients in our reception area to be 6 feet apart.

Hand sanitizer available at front desk. The patients and visitors would be requested to use the hand sanitizer upon entry to the clinic at the waiting area. Sign-in sheets are located next to hand sanitizer.

We will probably have a maximum of 3 people in our reception area. If there are more people needing to be seen we will ask them to wait in the main lobby or in their cars and we will call them when we are ready. When physical distancing is not possible in the waiting area, we will have a phone call or texting system to alert patients when to enter the clinic. Patients may text or

call upon arrival, wait in the car; clinic texts or calls patients when the therapist and space are ready.

We have a separation barrier in our front desk area to ensure the patients, visitors and our staff's safety.

There will be markers such as lines on the floor in the waiting and treatment areas to indicate social distances of 6 feet.

They will be guided to the treatment room where they will be greeted by a therapist or therapy assistant donning a face mask, and appropriate personal protection equipment to ensure your safety. Treatment areas will be sectioned. All patients will be separated by at least 6 feet.

After use of exercise equipment, cleaning supplies will be available nearby for patient use to wipe hands and clean equipment before and after use. All equipment will be cleaned after every patient use.

Once their physical therapy treatment is finished, any financial transactions and setting up future visits will be done with the receptionist or therapist/ assistant.

They will be guided to the front door maximizing social distancing and keeping them safe in the process.

Staff Health Screening

Daily wellness screen will be completed by all staff at the beginning of each shift to attest to wellness to work and potential COVID-19 exposure. Anyone with a fever of 100.4 degrees or feeling ill will be sent home and instructed to call their doctor for guidance. Any employee who has been exposed to COVID-19 or diagnosed with it will alert their supervisor.

Workers with suspected or confirmed COVID-19 can return to work after the following criteria have been met:

- Symptom-based strategy (CDC):
 - Employee has had no symptoms at all, including no fever and improved respiratory symptoms, for at least 72 hours (that is, three full days of no fever without the use of medicine that reduces fevers); and
 - At least 10 days have passed since symptoms have first appeared.

OR

- Test-based strategy (CDC):
 - No fever without the use of fever-reducing medicine; and

- Improvement of respiratory symptoms; and
- Negative test results from an FDA emergency use-authorized assay for detection of COVID-19 RNA from at least two consecutive respiratory specimens collected at least 24 hours apart.

Cleaning Standards/Protocols

Clean surfaces following manufacturer and CDC recommendations for disinfecting your facility.

Clean all common areas and high-touch surfaces:

- Treatment areas including plinths and all equipment — cleaned before and after each patient visit, and during care as needed.
- Front-desk areas — cleaned frequently, depending on the number of patients in the clinic during the hour.
- Waiting rooms — cleaned frequently, depending on the number of patients in the clinic during the hour.
- Bathrooms — cleaned frequently, depending on the number of patients in the clinic.
- All staff responsible for ensuring cleaning protocols are followed.
- Execute cleaning and disinfecting protocols as soon as each patient appointment ends. May need to build in extra time for cleaning in scheduling of patients.
- Wear gloves or protective clothing appropriate to the chemicals being used to clean and disinfect.
- Physical therapists and physical therapist assistants should wash their hands between, before, and after each patient treatment session.
- All staff should wear a mask and other PPE as indicated (gloves, face shield, gowns according to risk, per OSHA guidance).
- All staff must maintain proper hygiene practices.
- Handwashing with soap and warm water in between patients.
- Cough and sneeze into the elbow or a tissue.
- Use of gloves when performing manual therapy or other patient-contact procedures.
- Until further guidance from CDC is available, use only modality equipment that may be cleaned and disinfected between each patient.
- Do not touch the mouth, nose, and eyes during patient care.
- Maintain social distancing: No shaking hands.