

Ombersley Physiotherapy Covid-19 cleaning protocol

How long does the virus live on surfaces?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

Hand hygiene

Good hand hygiene is essential to minimise transmission of infectious droplets.

Wash your hands thoroughly with soap and water for at least 20 seconds, making sure you dry them thoroughly with a paper towel. You can also use hand sanitiser (containing at least 60 percent alcohol) if soap and water are not available and if your hands are not visibly dirty. If using hand sanitiser, cover all surfaces of your hands and rub them together until they feel dry.

Clinic cleaning

The clinic will be cleaned thoroughly by the GPs contracted cleaners as usual.

At the beginning and end of clinics all surfaces, including plinth and chairs will be washed with detergent spray and paper towels and then wiped over with disinfectant wipes. Common touch points will also be cleaned with disinfectant wipes by clinicians between all patients. This includes all areas touched by the patient such as chair arms, door handles, stair rails, desk, plinth, taps, card reader, pens and any medical equipment. Also ensure if the patient has used the toilet that all touch areas in there are cleaned too.

Before treating a patient

Wash your hands before applying PPE

Please open a window in your treatment room and be aware of confidentiality with any noise that might carry. Please explain to the patient if asked that flowing air lowers risk of transmission.

Infection control during treatments

Use a paper towel on the plinth

If you need to use a pillow during treatment do not place on the floor/other surfaces after use before it is cleaned. Cover pillow with bed roll and ensure pillow is wiped clean after use before next patient.

The use of patient equipment which cannot be adequately disinfected such as elastic loops and bands, and massage balls should be avoided if possible.

Avoid touching your face during treatments

Protocol for cleaning room between patients

Between each patient, we will allow 20 minutes to clean all surfaces touched using disinfectant wipes. If there is any visible dirt, then the area must be washed with detergent spray and paper towels before disinfecting. It is also suggested that if the patient has been in prone and used the

face hole in the plinth that particular attention is paid to this using both detergent and disinfectant.

Disinfectant wipes should be used to clean medical equipment touched by the patient including items such as reflex hammer, u/s head and swiss ball

No alcohol wipes or bleach products to be used on the vinyl plinth as this results in the fabric cracking and adds to infection risk. No alcohol wipes on the u/s machine treatment head – due to damage to the metal.

Make sure you clean any patient touch points such as the stair handles if the patient went upstairs to reception.

Protocol for cleaning room at end of session:

Please make sure before you leave the clinic that you have used a disinfectant wipe to clean these touch points:

- Cupboard door handles
- Window latches
- Any internal door handles
- Light switches
- Stair rails to reception
- Equipment used such as swiss balls, reflex hammers, massage lotion, acupuncture equipment, mats, weights equipment

Workstations – clean computer keyboard, mouse and pens at end of session

When you have removed your gloves, please wash your hands for 20 seconds.

On leaving wipe down door handles and touch points as you leave.