

MovementX COVID-19 Best Practices

Keeping patients and providers safe.
Expanding access to care.



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MOVEMENTX

COVID Safety Checklist

Before the Session:

- Confirm you are healthy and symptom free: do a body review, check your temperature.
- Clear patient for symptoms of and exposure to COVID-19 and risk assessment via virtual consult.
- Wear hair tied back for those with longer hair.
- Avoid wearing excess jewelry or dangling apparel.
- Only wear wrist watches and jewelry that can be thoroughly washed or sanitized
- When possible, switch out face masks between patients/clients
- Reuse face masks only when extended use guidelines published by the CDC are strictly followed.
- When possible, shower before and after patient sessions.
- Change clothes between appointments.
- Wash hands or sanitize prior to starting appointment, use your own clean towel for drying.
- Offer to host a session in the driveway, backyard, or other safe outdoor location to help abide by best distancing practices

During the Session:

- Consider leaving the treatment table bag in the car.
- Minimize the amount of equipment brought into the patient/client's home.
- Take off shoes at the front door or wear fresh protective booties.
- Wear personal protective equipment (PPE) including a face mask, gloves, and eye protection
- Lay out a clean towel or sheet to place all equipment on for the session.
- Prevent soiled linens or PPE from coming in contact with clean linens or PPE.
- Sanitize all equipment (tables, tools, technology, etc) before and after every use.
- Minimize the use of technology used throughout the session
- Request that patients or clients keep children, pets, and other family members at least 6 feet from away at all times.
- Recommend patients use a sheet of their own that the patient can throw in the washer after the session to cover the treatment table.
- When not required by clinician practice, providers will stand at least 6 feet from patients or clients.

After the Session:

- Wash hands or sanitize after finishing appointment, use your own clean towel for drying.
- Sanitize all surfaces that were touched or used during the session
- Transport equipment in a sterile bag or disposable bag that has been cleaned or disposed of between patient sessions.
- Wash linens on the highest possible water temperature setting and dry linens thoroughly along CDC guidelines.

Prevent the spread of COVID-19 in 7 STEPS

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION



Symptom Free Patient Policy

We request that all patients or clients with symptoms of, previous exposure to, or a positive testing for COVID-19 avoid in-person sessions with MovementX providers. Sessions may resume in person when the patient or client has been symptom free (and/or is testing negative) for >72 hours without the use of medication or after 14 days have passed since exposure. Telehealth sessions will always be made available to patients or clients to provide for continuity of care.

Prior to booking any new patient or client session, MovementX providers will screen patients or clients via a phone or virtual video screening call to collect the following information:

1. **Symptom Clearance:** Has the patient or client had any of the following symptoms in the past 14 days?
 - Cough
 - Shortness of breath
 - Fever
 - Chills
 - Muscle pain
 - Headache
 - Sore throat
 - Loss of taste or smell.
2. **Exposure Clearance:**
 - Has the patient or client been exposed to anyone who has tested positive for or is showing symptoms of COVID in the past 14 days?
 - Has the patient or client traveled outside of the country in the past 14 days?
3. **Risk Assessment:**
 - Does the patient or client have one or more of the following diagnoses?
 - i. Asthma (moderate to severe)
 - ii. Chronic Kidney Disease
 - iii. Chronic Lung Disease
 - iv. Diabetes
 - v. Hemoglobin Disorders
 - vi. Immunocompromised
 - vii. Liver Disease
 - viii. Serious heart conditions
 - ix. Severe obesity



- Is the patient or client:
 - i. Aged 65 years or older
 - ii. Living in a nursing home or long term care facility

If the answer to any of the above criteria is yes, please transition patient or client to telehealth until the risk of COVID exposure or transmission is resolved.

Information in this policy was pulled directly from guidelines from the [CDC Risk Factor Guidelines](#) as of 5/15/2020.



Symptom Free Provider Policy

MovementX requires that all providers actively engaged in in-person client services be entirely symptom free of contagious illness including COVID-19. This includes, but is not limited to the following symptoms:

- Cough
- Shortness of breath
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell.

If a provider suspects they have COVID-19 or has tested positive, they must inform a member of the MovementX Executive Team or compliance officer immediately who will implement the Contact Tracing Policy (see below).

Providers may not return to engaging in in-person client services until full recovery from contagious illness, as defined by the CDC, is achieved. This includes:

Providers with Symptoms of COVID-19:

Symptom Based Strategy: Exclude from work until:

- At least 3 days (72 hours) have passed since recovery, defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath)

Test Based Strategy: Exclude from work until:

1. Resolution of fever without the use of fever-reducing medications **and**
2. Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
3. Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)



Providers without Symptoms of COVID-19 who have laboratory confirmed COVID-19 or confirmed exposure to the virus.

Time-based strategy. Exclude from work until:

- 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming you have not subsequently developed symptoms since their positive test. If you develop symptoms, then the symptom-based or test-based strategy should be used.

Test-based strategy. Exclude from work until:

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

Information in this policy was pulled directly from guidelines from the [CDC Return to Work Guidelines](#) as of 5/15/2020.

Contract Tracing Policy

MovementX will do everything within its power to lead and assist in contact tracing practices shall a provider or patient/client be exposed to COVID-19 as a direct result of their work with the company. Efforts will include the following:

1. **Trace and monitor contacts of infected people.** Notify them of their exposure.
2. **Support the quarantine of contacts.** Help ensure the safe, sustainable and effective quarantine of contacts to prevent additional transmission.
3. **Expand staffing resources.** Staff resource time will be immediately directed towards contact tracking if it becomes necessary.
4. **Use digital tools.** Adoption and evaluation of digital tools may expand reach and efficacy of contact tracers.

Information in this policy was pulled directly from guidelines from the [CDC Contact Tracing Guidelines](#) as of 5/15/2020.



Provider Safety Best Practices

MovementX requires providers to take patient and client safety as an absolute priority while working on behalf of the company. We also highly encourage providers to follow best practices for keeping themselves and immediate family or housemates safe when not working directly with MovementX.

Below are best practices to be performed by all MovementX providers:

USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE): Providers will always wear personal protective equipment (PPE) until federal or state guidelines indicate it is no longer required to do so. This includes:

1. Face mask (of surgical grade or higher):
 - Do not use cloth face masks for healthcare purposes.
 - Please replace or properly sanitize face masks as frequently as possible. If face masks must be reused due to inadequate supply, please follow CDC recommendations [here](#).
2. Gloves:
 - Gloves should be used at all times during patient care unless they directly inhibit appropriate manual therapy procedures. Please be cognizant of using gloves between touching patients, equipment, and technology as sanitation is still required. Use of gloves is highly recommended when using our hospital grade disinfectant as it should not come in contact with skin. For more information on the use of gloves in healthcare to prevent Coronavirus, please visit the CDC website [here](#).
3. Eye Protection:
 - New [CDC guidelines](#) recommend the use of eye protection in the healthcare setting to control the spread of Coronavirus.
4. Please visit the [CDC website](#) for more information on best practices for Donning and Doffing PPE.

* PPE for the patient / client is recommended, but not required.

**MovementX will supply all PPE for providers upon request.

PERSONAL PRACTICE PROCEDURES: Providers will

- when possible, shower before and after patient sessions.

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- change clothes between appointments.
- wear hair tied back those with longer hair.
- avoid wearing excess jewelry or dangling apparel.
- only wear wrist watches and jewelry that can be thoroughly washed or sanitized
- when possible, switch out face masks between patients/clients
- always dispose of soiled gloves.
- take off shoes at the front door or wear fresh protective booties.

PT EQUIPMENT PROCEDURES: Providers will

- minimize the amount of equipment brought into the patient/client's home.
- leave the treatment table bag in the car.
- transport equipment in a sterile bag or disposable bag that has been cleaned or disposed of between patient sessions. Whenever possible, equipment will be set directly on a clean towel near the treatment space.
- lay out a clean towel or sheet to place all equipment on for the session.
- prevent soiled linens or PPE from coming in contact with clean linens or PPE.
- wash linens on the highest possible water temperature setting and dry linens thoroughly along [CDC guidelines](#).
- recommend patients use a sheet of their own that the patient can throw in the washer after the session to cover the treatment table.

CLEANSING PROCEDURES: Providers will

- sanitize all equipment (tables, tools, etc) before and after every use.
- sanitize all technology used during the session including laptops, phones, and watches.
- wash hands and use hand sanitizer before and after every session, and throughout the session as appropriate.
- use their own personal fresh towel for drying hands if using a patient's or client's sink.
- minimize the use of technology (laptops, phones) to the greatest extent possible in a patient or client's home to avoid contact transmission.
- book patients or clients with at least 15 minutes between sessions to avoid overlap and ample time for cleaning.



SOCIAL DISTANCES PROCEDURES: Providers will

- offer to host a session in the driveway, backyard, or other safe outdoor location to help abide by best distancing practices
- request that patients or clients keep children, pets, and other family members at least 6 feet from away at all times.
- when not required by clinician practice, providers will stand at least 6 feet from patients or clients.