

# MovementX COVID-19 Best Practices

Keeping patients and providers safe.  
Expanding access to care.



## MovementX, Inc.

Mailing & Billing Address: 1327 SE Tacoma St, Unit 122, Portland OR 97202-6639

P: (971) 361-9442

F: (888) 645-6068

Updated 11/18/2020



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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.
- When possible, 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



MOVEMENT X



## 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. 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 to collect the following information:

- Symptom Clearance:** Has the patient or client had any of the following symptoms in the past 14 days?
  - Cough
  - Shortness of breath
  - Fever
  - Chills
  - Fatigue
  - Congestion or Runny Nose
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Nausea or vomiting
- 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?
- Risk Assessment:** Does the patient or client have one or more of the following diagnoses?
  - Asthma (moderate to severe)
  - Cancer
  - Cerebrovascular disease
  - Chronic Kidney Disease
  - Chronic Lung Disease or Pulmonary Fibrosis
  - Cystic Fibrosis
  - Type 1 or II Diabetes Mellitus
  - Heart Conditions such as heart failure, coronary artery disease, or cardiomyopathies.
  - Hemoglobin Disorders
  - Hypertension or High Blood Pressure
  - Immunocompromise
  - Liver Disease
  - Obesity (BMI >30)
  - Pregnancy
  - Sickle Cell Disease
  - Smoker
  - Thalassemia (a blood disorder)
  - Aged 65 years or older
  - 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](#).



## 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
- Fatigue
- Congestion or Runny Nose
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Nausea or vomiting

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).

### RETURN TO WORK GUIDELINES

Providers may not return to engaging in in-person client services until full recovery from COVID-19, as defined by the Symptom Based CDC Strategy, is achieved. This includes:

- Providers with mild to moderate illness, not severely immunocompromised:
  - At least 10 days have passed since symptoms first appeared and
  - At least 24 hours have passed since last fever without the use of fever-reducing medications and
  - Symptoms (e.g., cough, shortness of breath) have improved
- Providers who are asymptomatic, not severely immunocompromised:
  - At least 10 days have passed since the date of their first positive viral diagnostic test.
- Providers with severe to critical illness or who are severely immunocompromised:
  - At least 10 days and up to 20 days have passed since symptoms first appeared
  - At least 24 hours have passed since last fever without the use of fever-reducing medications and
  - Symptoms (e.g., cough, shortness of breath) have improved
  - Consider consultation with infection control experts

Information in this policy was pulled directly from guidelines from the [CDC Return to Work Guidelines](#) as of 11/18/2020.



## 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. **Maintain a permanent record of all Provider / Client contact.** Use as a resource should a provider, patient, or client become infected or show symptoms of COVID-19.
2. **Interview infected persons.** Walk through the entire infectious period and recall everyone they were in contact with during that time.
3. **Notify exposed persons.** Interview them to find out if they have symptoms, recommend testing, arrange for care if ill, recommend quarantine.
4. **Support the quarantine of contacts.** Help ensure the safe, sustainable and effective quarantine of contacts to prevent additional transmission with daily reports on symptoms.
5. **Expand staffing resources.** Staff resource time will be immediately directed towards contact tracking and support of those infected if it becomes necessary.
6. **Use of 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](#) and [PreventPandemics.org](#) as of 11/18/2020.



## 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. PPE for the patient / client is highly recommended, but not required unless indicated by state law. MovementX will supply patients and providers with all necessary PPE to perform safe patient care, as long as supplies are available. Proper use of PPE includes:

#### 1. Face Masks:

- Providers should wear a facemask at all times while they are in the healthcare facility or in a patient's home, including in break rooms or other spaces where they might encounter co-workers.
- Do not use cloth face masks for healthcare purposes unless there are no other supplies. Use surgical grade masks or higher as available.
- Perform hand hygiene before and after donning and doffing your face mask.
- Reusing medical masks is not consistent with standard practice and is not recommended. However, if face masks must be reused due to inadequate supply, please follow CDC recommendations [here](#).

#### 2. Eye Protection:

- Goggles provide barrier protection for the eyes. They should fit tightly over and around the eyes or personal prescription lenses, be indirectly vented (to prevent penetration of splashes or sprays) and have an anti-fog coating to help maintain clarity of vision. Goggles used for healthcare applications are typically reusable.
- Protective eyewear (e.g., safety glasses, trauma glasses) with gaps between glasses and the face likely do not protect eyes from all splashes and sprays.

#### 3. Face Shields

- Face shields provide barrier protection to the facial area and related mucous membranes (eyes, nose, lips) and are considered an alternative





to goggles. Face shields are not meant to function as primary respiratory protection and should be used concurrently with a medical mask. Face shields are available in both disposable and reusable options.

#### 4. Gloves:

- Non sterile disposable patient examination gloves should be used at all times during patient care unless they directly inhibit appropriate manual therapy procedures.
- Extended length gloves are not necessary when providing care to suspected or confirmed COVID-19 patients. Extended length gloves can be used, but CDC is not specifically recommending them at this time.
- 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.
- Always perform hand hygiene after removing gloves.
- For more information on the use of gloves in healthcare to prevent Coronavirus, please visit the CDC website [here](#).

#### 5. Gowns:

- The CDC only recommends gowns when a healthcare provider is working directly with a patient infected with COVID-19. These are not required to be used by MovementX providers.

Please visit the [CDC website](#) for more information on best practices for Donning and Doffing PPE.

### **PERSONAL HYGIENE PRACTICES**

Providers will:

- when possible, shower before and after patient sessions.
- when possible, change clothes between appointments.
- 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
- safely dispose of soiled gloves and PPE
- take off shoes at the front door or wear fresh protective booties.



## **EQUIPMENT HYGIENE PRACTICES**

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 instead of on an unexposed surface..
- prevent soiled linens or PPE from coming in contact with clean linens or PPE.
- recommend patients use a sheet of their own that the patient can throw in the washer after the session to cover the treatment table.

Laundering Practices:

- Launder items as appropriate in accordance with the manufacturer's instructions.
- Dirty laundry from an ill person can be washed with other people's items.
- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.
- Wash linens on the highest possible water temperature setting and dry linens thoroughly along [CDC guidelines](#).

## **CLEANING AND SANITIZING PRACTICES**

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 with soap for a minimum of 20 seconds 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 DISTANCING PRACTICES**

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 away at all times.
- when not required by clinician practice, providers will stand at least 6 feet from patients or clients.

## **PATIENT SCHEDULING PRACTICES**

Providers will

- schedule time between patients for thorough cleaning and sanitation practices.
- consider temperature screening (preferably with a non-touch thermometer), oxygen saturation using a pulse oximeter.
- review COVID-19 screening questions
- recommend a phone call or texting system to alert patients when to enter the clinic. Patients may text or call upon arrival and wait in the car until the clinic space is ready.
- consider allowing only medically necessary caregivers to accompany patients within the facility and during treatment sessions
- ask patients to wash hands or use sanitizer upon entry.
- More information regarding considerations for PT clinic management during COVID-19 can be found on the APTA website [here](#).

If you come down with symptoms of COVID-19 or have been exposed to someone who has tested positive or is showing symptoms, please contact Keaton Ray at [keaton@movement-x.com](mailto:keaton@movement-x.com) or (971) 361-9442 immediately.