

# the hip joint

a movement clinic

## **Policies & Procedures during the COVID-19 Pandemic**

The Hip Joint is committed to ensuring the highest standards of safety at all times, but even more so during COVID-19. Below is an in depth list of precautions we are taking at this time.

### **COVID-19 SCREEN**

All patients must answer NO to ALL the following questions to be allowed into the clinic:

1. Do you have a fever, cough or any flu/cold-like symptoms or generally feeling unwell?
2. Have you travelled outside of Canada in last 14 days?
3. Is there any chance you've been in contact with someone with COVID-19 or any flu/cold like symptoms?
4. Has anyone in your household or you've had close contact with travelled anywhere outside of Canada in last 14 days?

If **YES** is answered to any of the above questions,  
that individual cannot come to the clinic for a minimum of 14 days.

### **CLINICIAN GUIDELINES & PROCEDURES**

1. Only TWO practitioners will be in the clinic at any given time.
2. Only ONE patient per practitioner at a time can be seen at the clinic.
3. New patients will need to call the clinic and be screened appropriately.
4. Each appointment will be scheduled every 60 minutes in a staggered manner. 10 minutes will be allocated to sanitization procedures between patients (see below).
5. Patients will be directed to wait outside the main doors. Waiting rooms are NOT to be used.
6. Patients have been instructed to come alone to appointments.
7. Practitioners will have available to them gloves and face shields to be used at their discretion. Gloves will be discarded after one patient use. One face shield is sufficient for one practitioner shift, especially due to world shortages.

### **PATIENT GUIDELINES & PROCEDURES**

1. Patients are to wait outside the clinic and will be allowed access only during their scheduled appointment times. Patients can be called on to alert them to enter the clinic. The doors will otherwise be locked.
2. Only patients will be allowed access to the clinic. If someone has accompanied them they will need to wait outside of the clinic. **No one will be allowed to wait in the reception area.**

3. Patients should limit the number of items brought into the clinic to bare minimums.
4. Patients will be required to use hand sanitizer on all areas of hands and wrist before being moved to treatment area.
5. Patients are encouraged to wear their own masks.
6. Patients should avoid touching their faces during their appointments.
7. If patients need to cough or sneeze at any point, they are to advise the practitioner as soon as possible and direct it into a tissue or their sleeve at the elbow. They will then be required to sanitize again.

### **SANITIZATION PROCEDURES BETWEEN PATIENTS:**

1. Practitioner will wash their hands immediately for at least 20 seconds with warm water and soap before directing the patient out of the clinic.
2. Practitioner will immediately clean any area used with the patient with disinfectant wipes or sprays. This includes any equipment, treatment tables, door handles and any other item used.
3. Practitioners will thoroughly wash their hands AGAIN for at least 20 seconds with warm water and soap. Hand sanitizer should then be applied.
4. Practitioners may use disposal gowns to cover their clothing.

### **SANITIZATION PROCEDURES DURING THE DAY AND END OF DAY**

1. Deep clean all other areas of the clinic that are “traffic areas”.
2. End of day deep clean over and above COVID-19 protocol of treatment area used throughout the shift.
3. Cleaning is to be done with disinfectant wipes and/or sprays.