

# **Infection control clinic room cleaning protocol**

**Updated 17/12/2020**

## **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.

Always wear disposable gloves when cleaning. When finished, place used gloves in a rubbish bin. Wash hands immediately after handling these items.

Wash hands thoroughly with soap and water for at least 20 seconds, making sure they are dried thoroughly with a paper towel. Hand sanitiser (containing at least 70 percent alcohol) can be used if soap and water are not available and if hands are not visibly dirty. If using hand sanitiser, cover all surfaces of hands and rub them together until they feel dry.

## **Clinic room cleaning**

The clinic rooms will be cleaned regularly thoroughly by the contracted cleaners at Lily House/ Cherry Tree therapy rooms.

Frequent cleaning and disinfecting of objects and surfaces during the day within the clinic rooms (particularly in areas of high use such as door handles, light switches) will be the responsibility of the physiotherapist who is in the clinic room that day.

## **Before treating a patient**

The physiotherapist will change into her physio uniform in the clinic room before seeing her first patient.

Wash hands before applying PPE (disposable gloves, apron and FFP2 face mask).

Put on PPE according to donning instructions.

Patient to wash hands on entering clinic room with warm water and soap for at least 20 secs, and thoroughly dry using a paper towel. If they are not already wearing one, ask patient to put on surgical mask provided by EMPP (unless they have their own).

As the clinic rooms we use do not have windows, the door will be kept open during the session unless the client must undress for treatment. If this is the case, the door will only be kept closed during the time the patient is undressed for. This is important as flowing air lowers risk of transmission.

## **Infection control during treatments**

Use couch roll on the plinth

If a pillow is used during treatment, do not place on the floor/other surfaces after use before it is cleaned. The pillow cover will be wipeable and cleaned with warm soapy water or an anti bacterial wipe before and after use.

If items such as towels are used, they will be freshly laundered and single use. After use, the item will be placed in a bag, and laundered by the physiotherapist according to guidance (above 60degrees).

Patient equipment which cannot be adequately disinfected such as elastic bands, should be purchased for self-use by the patient and bought to each session.

Avoid touching face during treatments.

Patient to wash hands with warm water and soap for 20secs and dry with paper towel before leaving clinic room. They should keep their mask on until they have left the building or reached home.

### **Protocol for cleaning room between patients**

Between each patient, there will be 15 minutes to clean all surfaces using spray and wipes provided and for physios to change PPE.

Remove PPE according to doffing instructions and dispose in bin.

Clean hands (with soap and water for 20 seconds) after removing PPE. Dry hands with disposable paper towels. Change gloves for cleaning of the equipment.

Using warm soapy water or a Milton spray (or similar) and a single use paper towel to clean:

- The chair and handles of the patient chair
- The pillows where applicable
- The treatment plinth including attention to the nose hole area if the patient has been prone
- Desk
- Storage box
- Card machine (if used)
- Thermometer
- Door handles

Antibacterial wipes should be used to clean the nose hole after soap cleaning.

Antibacterial wipes should be used to clean medical equipment such as the ultrasound machine, gym ball, mats.

Make sure any patient touch points such as the stair handles are wiped.

### **Protocol for cleaning room at start/end of session**

Before starting and leaving the clinic room, an antibacterial wipe will be used to clean these touch points:

- Cupboard doors
- Door handles
- Light switches
- Telephone
- Desk
- Chairs

- Storage box
- Stair rails to reception
- Equipment used such as swiss balls, reflex hammers, massage lotion, acupuncture equipment, mats, electrotherapy equipment.

When gloves are removed, wash hands for 20 seconds.

Physiotherapist to change out of uniform and place it in a bag to be washed at home.

At the end of the clinic session, tie the bag with dirty laundry and take home. Wash items from this bag at 60deg and minimise any shaking of the laundry before placing it into the washing machine.

Wash hands for 20 seconds before leaving the building, then sanitiser can be used having left the building as required.

### **Home visits**

#### **Start of session**

Before entering a patient's home, the physiotherapist will use hand sanitiser and then don PPE.

The patient will be asked to wash their hands before applying a surgical mask (supplied by EMPP).

Ask patient to open a window to allow for air flow.

#### **During session**

The physiotherapist will minimise touching furniture within the patients' home during the session.

#### **End of the session**

PPE will be removed on leaving patient's home and placed into a bag and tied.

Hand sanitiser will be used.

Before entering her own home, the physiotherapist will use anti bacterial wipes for any equipment used within the session.

On entering her home, the physiotherapist will wash her hands with warm water and soap for at least 20secs and place her clothing in the washing machine.