

The Jane Harris Clinic Infection Control clinic cleaning protocol

22, June, 2020

Virus life:

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).

Clinic cleaning regime/protocols:

The clinic will be disinfected thoroughly by myself and all non-necessary items have been removed to ensure quick and efficient turn around.

Cleaning and disinfecting of objects and surfaces during the day particularly in areas of high use such as door handles, light switches, taps using disinfectant products, will be the responsibility of myself, Jane Harris and be of a frequency to ensure minimal risk of cross contamination between patients.

Process to ensure efficient disinfection:

- Approved disinfectant used either, alcohol, or bleach (sodium hypochlorite) based.
- Top to bottom: start by cleaning surfaces higher up and work your way to the floor. This method ensures that any particulates or debris fall to the floor which will be cleaned last.
- Clean to dirty: start by cleaning surfaces and objects that are cleaner and work your way to cleaning dirtier items (eg, surfaces touched/keyboard, treatment bed, bowl). Avoid going from an area that has not been cleaned to an area that has been cleaned.
- Floor will be wet cleaned with disinfectant

Hand hygiene:

- Good hand hygiene is essential to minimise transmission of infectious droplets.
- I wash my hands before treating a patient and immediately after handling all items, I wash thoroughly with soap and water for at least 20 seconds, making sure I dry them thoroughly with a paper towel.

Daily Management, Infection Control:

- **Before treating a patient**

Clean fresh clothes are worn every day by everyone entering the clinic

Wash hands/apply hand sanitiser before applying PPE.

Ensure treatment room is well ventilated (open window) and be aware of confidentiality with any noise that might carry.

- **Infection control during treatments**

A paper towel will be placed on the head end. If a pillow is required during treatment it will not be placed on the floor or other surfaces after use before it is cleaned. If laundry is used, place in a clean pillow case ready for removal at the end of each session

Try to avoid massage products getting onto the plinth and no oil to be used. If there is spillage wipe away immediately using soapy spray to prevent the vinyl cracking.

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

Avoid touching your face during treatments

- **Protocol for cleaning room between patients:**

Between each patient, we will allow 15 minutes to clean all surfaces using soapy water and disinfectant spray.

Appointments will be staggered and kept to time to allow enough time to wipe down the room in between patients and change PPE.

Hands will be cleaned (with soap and water for 20 seconds) after removing PPE.

Using the soapy water which is then rinsed off, dried and disinfectant applied to clean:

- The pillows where applicable
- The treatment plinth including attention to the nose hole area if the patient has been prone

Soapy water and disinfectant spray should be used to clean medical equipment touched by the patient.

Hand sanitizer should not be used on any of the plinth vinyl (will cause it to crack)

I will clean any patient touch points.

Laundry:

If any item of laundry is used, it will be placed inside a clean pillowcase (this allows for the dirty laundry to be placed directly into the machine without being touched).

- **Protocol for cleaning room at end of session:**

The clinic will have the following touch points disinfected:

- Window latches
- Any internal door handles
- Light switches
- Equipment used such as swiss balls, reflex hammers, massage lotion, hawk tolls, acupuncture equipment, mats, weights equipment
- Workstation – office equipment such as computer/keyboard/mouse/ stationary/ keyboard.

When I have removed my gloves, if used, I will wash my hands for 20 seconds.

Training will be implemented for all the clinic staff in infection control procedures.