

Guidelines regarding Reopening of Acupuncture Clinics

DATE: JUNE 11, 2020

Overview

- Read the entire Guidelines
<http://acupuncturealberta.ca/wp-content/uploads/2020/06/CAAA-GUIDELINE-Re-opening-final.pdf>
- Follow government, public health, CMOH directives
<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-wellness-services.pdf>
- Key Principles:
 - Screening
 - Physical distancing
 - Personal Protective Equipment
 - Hand hygiene
 - Cleaning and disinfection
 - Record keeping

Before re-opening

- Ensure you have sufficient supply of
 - Masks
 - Gloves
 - Hand sanitizer
 - Hand soap
 - Disinfectants
 - Cleaning materials
 - Sterilization equipment

Alberta Government/CMOH Directives

- Alberta's Relaunch Strategy
<https://www.alberta.ca/alberta-relaunch-strategy.aspx>
- Alberta Biz Connect
<https://www.alberta.ca/biz-connect.aspx>
- Public Health Orders
<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>
- CAAA Website
<http://acupuncturealberta.ca/>

Alberta Government/CMOH Directives

- Guidance for Wellness Services

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-wellness-services.pdf>

[Wellness services](#) ↓ (June 9)

Sector guidance

This guidance supports sectors that were allowed to operate during the pandemic or could reopen under Stage 1 of relaunch.

[Campgrounds \(private/municipal\)](#) ↓ (June 9)

[Day camps](#) ↓ (June 9)

[Daycare & out-of-school care](#) ↗ (May 23, 2 languages)

[Hair salons and barbershops](#) ↗ (May 18, 6 languages)

[Health non-essential services](#) ↗

[Health sector PPE guidelines](#) ↓ (May 2)

[Outdoor events](#) ↓ (June 9)

[Outdoor fitness classes](#) ↓ (June 4)

[Outdoor recreation - individual](#) ↗ (May 18, 6 languages)

Signage and Posters

- Must be posted at entrances, in all public/shared washrooms, and treatment areas
 - Physical distancing
 - Hand hygiene (hand washing and hand sanitizer use)
 - Help limiting the spread of infection
- Alberta Health Service
<https://www.albertahealthservices.ca/topics/Page17000.aspx>
- Government of Alberta
<https://www.alberta.ca/covid-19-information-posters.aspx>

Patient Screening (Important!)

- Acupuncturists **must** complete the screening questionnaire for all patients
 1. **At the time of booking, and**
 2. **Again, in-person before entering the clinic**
- Use the Alberta Health Services COVID-19 Self-Assessment Tool
<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>
- People who accompany patients **must** be screened with the same questions
- **Do not** treat patients with symptoms consistent with COVID-19
- When in doubt, ask the patient to call Health Link at 811
- Keep a record of the screening questionnaire in patient files
- Temperature check requirements are removed

Patient Screening

- **Do not** treat patients with symptoms consistent with COVID-19, including:
 - Severe difficulty breathing (e.g., struggling for each breath, speaking in single words)
 - Severe chest pain
 - Having a very hard time waking up
 - Feeling confused
 - Lost consciousness
 - Shortness of breath at rest
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of your current respiratory illness

In the past 10 days:

- Fever, new onset of cough or worsening of chronic cough, new or worsening shortness of breath, new or worsening difficulty breathing, sore throat, runny nose

Patient Screening

- **Do not** treat patients with symptoms consistent with COVID-19, including:
 - Chills
 - Painful swallowing
 - Stuffy nose
 - Headache
 - Muscle or joint ache
 - Feeling unwell, fatigue or severe exhaustion
 - Nausea, vomiting, diarrhea or unexplained loss of appetite
 - Loss of sense of smell or taste
 - Conjunctivitis (pink eye)
- When in doubt, ask the patient to call Health Link at 811

Symptomatic Patients

- **Do not** treat patients with symptoms consistent with COVID-19
- Provide a new mask for the patient to don
- Have the patient complete hand hygiene
- Isolate the patient from others in the clinic.
- Explain the concern that they are symptomatic, discontinue treatment and reschedule the appointment.
- Advise the patient they should self-isolate and call Health Link 811.
- Clean and disinfect the practice area immediately.
- Keep a record of all close contacts of the symptomatic patient and other visitors and staff in the clinic at the time of the visit. This information will be necessary if the symptomatic patient later tests positive for COVID-19.

Acupuncturists and Staff Screening

- Acupuncturists and staff **must not** attend work if any of the following applies:
 - Feeling unwell or exhibit any symptoms of fever, cough, runny nose, sore throat, or shortness of breath;
 - Travelled internationally within the last 14 days; or
 - Have been in close contact with confirmed or suspected cases of COVID-19.
- Acupuncturists and staff **must** complete the screening questionnaire prior to attending work
- Use the Daily Fit for Work or Visitor Screening Questionnaire
<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-daily-fitness-for-work-screening-questionnaire.pdf>
- Keep separate records of the screening questionnaires for Acupuncturists and staff
- Acupuncturists are responsible for their own staff, if you work in a multi-disciplinary clinic, the clinic is responsible for their staff

Personal Protective Equipment (PPE)

- Acupuncturists **must** wear a surgical/procedure or non-medical mask continuously, at all times and in all areas of their workplace to safely provide in-person services
- Staff are **required** to mask at all times if a physical barrier is not in place or if physical distancing cannot be maintained
- Medical grade surgical/procedure masks are strongly recommended (ASTM Level 1)
- Mask should be immediately changed and safely disposed of when:
 - it is soiled or wet
 - it is contaminated
- Masks should **never** be reused
- Acupuncture around the mouth, nose, eyes, genitals and anus are **strongly discouraged**
 - If performing these activities, gloves, eye protection, masks, and disposable aprons are **required**.

Masks

- Encourage and educate your patients to wear masks
 - You can get 4 free non-medical masks person at any Alberta A&W, McDonald's Canada and Tim Hortons drive-thru locations. Available while supplies last with no purchase necessary.
- Masks should be provided to your patients if you require them to wear masks
 - You should only provide them with non-medical masks because medical grade masks are reserved for health-care professionals.
- It is not recommended to require your patients to wear masks when you are not providing masks for patient use. Seek legal advice prior to implementing such policy.
- Full-face visor are classified as eye protection.

How to Wear a Mask

COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.



FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

[alberta.ca/masks](https://www.alberta.ca/masks)

Alberta

- <https://www.alberta.ca/masks.aspx>

Physical Distancing

- Enable physical distancing by keeping at least 2 metres away between patients
- Space/stagger appointment times to minimize patient waiting and the number of people in the clinic.
- Whenever possible, patients should be asked to wait in their vehicles until it is appropriate to enter the clinic.
- Patients should be directed to the treatment room immediately upon entering the clinic whenever possible.
- Seats in waiting areas must be appropriately spaced to maintain a minimum of 2 metres physical distance.
- Treating more than one patient at the same time increases the risk of cross-contamination.
- Consider the installation of physical barriers (e.g., plexiglass) at reception desks.

Hand Hygiene

- For Acupuncturists
 - Alberta Health Services 4 Moments of Hand Hygiene
 - Before contact with patient/patient's environment
 - Before clean/aseptic procedure.
 - After body fluid exposure risk
 - After contact with patient/patient's environment.
- For patients
 - Upon arrival at the clinic
 - Prior to processing payment
 - Prior to departure from the clinic

Hand Hygiene

- Wash hands for a minimum of 20 seconds with soap and water
- Use a hand sanitizer approved by Health Canada
<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/hand-sanitizer.html>
- How to Use Alcohol-based Hand Rub
<https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-flu-hand-rub-how-to.pdf>
- How to Hand Wash
<https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf>

Cleaning and Disinfection

- Use a disinfectant approved by Health Canada
<https://www.canada.ca/en/health-canada/services/drugs-healthproducts/disinfectants/covid-19/list.html>
- Patient care/patient contact items must be cleaned and disinfected between each patient/use.
- High touched areas must be cleaned and disinfected a minimum of twice daily or whenever visibly soiled.
- Items that cannot be effectively cleaned and disinfected between use must be removed from the clinic environment.
- Any cloth items that are used must be laundered in hot water (above 60°C) with regular laundry soap and machine dried with high temperature setting.
- Allow adequate time for proper cleaning and disinfection

Record Keeping

For patients:

- Screening questions and records for symptoms of COVID-19
- Revised patient consent form
- Actual appointment date and time (arrival and departure)
- Up to date address and phone number
- Specific treatment room number/name

For clinic:

- Daily health screening records
- Daily cleaning and disinfection records
- A registry of all people entering the clinic

Revised Consent Form

- It is recommended, not required
- CAAA currently does not have a template
- American Society of Acupuncturists
<https://www.asacu.org/wp-content/uploads/Patient-Consent-AAC.pdf>
- **Use it as a reference, do not use the consent form entirely**

Registry for Contact Tracing

- Pandemic FAQ: Customer Lists by Office of the Information and Privacy Commissioner
<https://www.oipc.ab.ca/resources/pandemic-faq-customer-lists.aspx>
- As a health and safety measure for employees and customers, organizations may collect personal information in order to assist contact-tracing efforts during the COVID-19 pandemic.
- Organizations cannot use information collected for one purpose for another, different purpose.
- When the information is no longer required for those legal or business purposes, the organization is required to destroy the information or render it non-identifying. (Alberta Health's contact-tracing app retains contact logs for 21 days.)
- Organizations subject to PIPA are required to make reasonable security arrangements to protect personal information.
- Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite.

Questions?
