



Sample Action Plan for chiropractors operating during COVID-19

The Ontario Chiropractic Association contacted experienced chiropractors working in multi-disciplinary health clinics and combined their thoughtful and comprehensive approach to practising during outbreaks and pandemics. We have repurposed their guide for your use.

Action plan

1. Signage in all rooms that reference Public Health symptoms and precautions. Signage should also encourage visitors to self-identify, perform hand hygiene and have access to tissue and a waste receptacle.
2. Screening at the entrance to the clinic: If you have the staff, it is ideal to screen at the entrance to your clinic or have a space in your waiting room set aside for screening. Have your staff person conducting the screening wear a mask, if one is available. The staff person should also have hand sanitizer at the entrance to welcome every visitor and ask the following questions:
 - Do you have any of the following symptoms?
 - Fever
 - Flu-like symptoms
 - Cough
 - Trouble breathing/shortness of breath
 - Have you travelled anywhere in the last 14 days?
 - Have you been near people who have shown these symptoms in the last 14 days?

If the answer is yes, then your screener should reschedule the appointment to at least 14-30 days in future, if possible. It is recommended you waive any cancellation fees for rescheduling the appointment.

COVID-19 TESTING

Unfortunately, there is no one place to direct your patient for testing. Tell the patient to contact their primary health care provider or their local public health unit if they are experiencing symptoms of COVID-19 ([link](#)).



Screening and precautions for you and your staff:

We recommend you follow the same protocol for your staff each day. Check on the symptoms and self-isolate or ask your colleague/staff person to self-isolate if travelling from one of the WHO identified countries returning from: China, France, Germany, Hong Kong, Iran, Italy, Japan, Singapore, South Korea and Spain.

Clothing

Practitioners and staff are asked to change into 'clinic clothes' and then change back to 'street' clothing when leaving the clinic for home.

Additional actions to take in your clinic offices

Social distancing

- If possible, implement social distancing of at least two meters from potentially infectious patients/examinees.
- Avoid handshakes or other contact
- Place patients/examinees in a closed room immediately upon arrival.

Reception area

Clearly post infection prevention and control procedures to ensure patients and staff understand and use them appropriately.

Increase frequency of cleaning high-touch areas with routine cleaning products.

Have alcohol-based hand sanitizer/wipes (60-90% alcohol) available as appropriate at the clinic entrance, the reception counter, around the waiting area, as well as near exam room doors.

Waiting room

- Remove soft toys and magazines.
- Remove or cover cloth seating.
- Space waiting room chairs further apart.



- Place some chairs in a hallway if you are permitted and if needed to separate patients.
- Air circulation should be increased if feasible.

Exam rooms

Empty exam rooms of all equipment except the bare minimum required to provide assessment services (e.g. exam table, blood pressure)

A special thank you to the contributing practitioners

- Dr Sunil Solanki, Altona Physiotherapy and Chiropractic
- Dr. Moez Rajwani, North York Rehabilitation Centre Corp.
- Dr. Karim Riskallah, Infinity Health Centre