

Rehabilitation Hydrotherapy COVID-19 Safety Guidelines

Guidelines

- **Screening and management of sickness:** Patients not to have Hydro in the case of illness or contact with a suspected or confirmed COVID-19 case. Staff to follow regulations on returning safely to work in such cases.
- **Mixed different ward patient groups for therapy and student assessment:** Risk assess based on community/hospital prevalence and incidence of COVID for mixed ward groups for therapy and student assessments. Encourage discussion with facilitators to better utilise current therapy sessions for their assessments. If required limit numbers and allow for social distancing and patients wear a surgical mask and perform hand hygiene, with equipment wiped over between uses.

Outpatients

- Sessions should be for outpatients only (e.g., do not have mixed sessions with inpatients and outpatients).
- **Ensuring social distancing:** by managing maximum occupancy and enforcing distancing measures in all areas, e.g., pool decks, pool. HRC space capacity limit to 4 patients at a time for social distancing plus supervising therapists.
- **Ensuring personal hygiene:** promoting personal hygiene such as hand washing/hand sanitising.
- **Respiratory/cough etiquette:** discouraging touching face, ensuring access to hygiene products for respiratory/cough etiquette for cleaning of hands and disinfecting of contaminated equipment.
- **Using personal protective equipment:** Use of face masks by patients and staff as per current CALHN guidelines on the pool deck. Patients not wearing masks in pool however all staff wearing masks in pool as per CALHN guidelines.
- **Eating and drinking:** Not in pool deck area. Social distance away others to rehydrate.
- **Maintaining the pool:** Frequent use of disinfectant, regular cleaning, monitoring or water quality and following quality control regulations.
- **Managing frequently touched surfaces:** frequent cleaning and avoiding sharing commonly touched surfaces such as showers, toilets, changing rooms. Patient to shower and change on the ward.
- **Equipment:** Encourage wipe down of equipment (hoist or water wheelchair) before and after use with disinfectant wipes provided.
- **Limit pool equipment:** Store unnecessary equipment to limit equipment available for use and discourage sharing of equipment.
- **Slings:** Discuss the use of slings (for hoists) and your cleaning protocol for them. Clients may be able to bring their own. Consider the use of disposable slings.
- **Ventilation of indoor spaces:** ensuring proper operation of ventilation systems and circulation of outdoor air by opening louvres, windows or doors, or other methods (RLSSA 2020).
- **Delivering first aid:** for MET call measures such as considering any victim in need of help, adapt procedures using PPE.
- **Raising awareness:** signage encouraging appropriate guidelines while attending hydro.
- **Vaccination:** apply the same preventative measures regardless of vaccination status of individuals.

For more information

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Hampstead Rehabilitation Centre
 207 Hampstead Rd.,
 Lightsview, SA 5085
 T: (08) 82221600

Site Repat
Statewide Rehabilitation Services
 Repat Health Precinct
 216 Daws Rd, Daw Park SA 5041
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This information sheet does not constitute medical advice and is for general information only. Readers should always seek independent professional advice where appropriate.

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