

# Inpatient Rehabilitation Therapy COVID-19 Safety Guidelines

## Recommendations

- **Screening and management of sickness:**  
Patients not to have Therapy 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.
- **Patient presentation:**  
Showered and wearing clean clothes. Encouraged to wear mask when required as per current CALHN guidelines.
- **Water if required:**  
Patient has own water bottle ideally one that you can drink without hand touching the mouthpiece.
- **Ensuring personal hygiene:**  
On arrival, hand hygiene station at entry point to use and/or where patient parks and leave wheelchair/walking aid and hand hygiene product available throughout the therapy area.
- **Eating and drinking:**  
Not in therapy area. Social distance away others to rehydrate.
- **Ensuring social distancing:**  
By managing maximum occupancy and enforcing distancing measures in all areas, therapy space capacity limit to patient numbers recommended for social distancing plus the supervising therapists.
- **Respiratory/cough etiquette:**  
Discouraging touching face, ensuring access to hygiene products for respiratory/cough etiquette for cleaning of hands and disinfecting of contaminated equipment.
- **Staff use of personal protective equipment:**  
All staff wear masks and eyewear as instructed in current CALHN guidelines.
- **Cleaning the therapy area:**  
Therapy area and equipment is clean prior to use. Use of detergent & disinfectant wipes after patient use. Area and equipment on a regular cleaning schedule.
- **Maintenance:**  
Monitoring equipment repair/maintenance requirements and having a quality control program for any equipment that need to be retired/replaced due equipment surfaces that are no longer sealed or are torn.
- **Limit equipment:**  
Store unnecessary equipment to limit equipment available for use and discourage sharing of minor equipment. Encourage single patient use of equipment for duration of admission. Throw out small items. Thorough clean as per manufacturer's guidelines on any equipment that will be reissued.
- **Small dexterity equipment**  
Encourage single patient use for duration of admission, clean after use and thorough clean after discharge as per manufacturer's guidelines.
  - Cardboard** – not ideal substitute out with wipeable surface.
  - Cloth** – not ideal substitute out with vinyl/plastic product.
  - Wooden** – painted is wipeable with detergent disinfectant wipes.
  - Vinyl** – wipeable with detergent disinfectant wipes.
  - Metal** – wipeable with detergent/disinfectant wipes.
  - Velcro** – not ideal replace with each having own Velcro attached.
  - Foam** - not ideal remove or replace with wipeable rubber handles.



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- **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. Winged fans are discouraged.
- **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 Therapy.
- **Mixed different ward patient groups for therapy and student assessment:**  
Risk assess based on community/hospital prevalence and incidence of COVID-19 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 mask as per current CALHN guidelines and perform hand hygiene, with equipment wiped over between uses.
- **In the therapy kitchen:**  
Patient to perform hand hygiene before touching items on kitchen bench. Have items laid out ready on the bench so they don't touch anything else (not ideal but better than not doing the task at all). Full clean after the session and wait to allow the wiped to dry before bringing in the next patient.
- **Home Visits:**  
Use existing IPCU: COVID-19 (SARS-COV-2) – Management Guide plus recommendations mentioned.
- **Animal Therapy:**  
Use existing Animals in CALHN Sites: Consumer Interaction plus above recommendations.

## For more information

### Site HRC

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  
T: (08) 73261606

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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