

Reopening Procedures – Aiken Cardiac Rehab Program 4/30/2020

The Cardiac Rehab program is a contracted collaboration with Aiken Regional Medical Center.

- This program meets on Monday/Wednesday/Friday from 8:15am-11:45am.
- It is staffed by a supervising physician (ARMC employee), nurse/nurse practitioner/paramedic (contracted employees), Assistant Director (UofSC employee) and exercise assistants (EXSC students/interns).
- In addition, ARMC will be providing an entry screener that clears all participants for entry into the facility.
- Cardiac Rehab will be the only program occurring in the Wellness Center during this initial reopening phase. Other patrons will not be allowed in the facility. Individuals allowed in the facility during this time will include:
 - Cardiac Rehab staff
 - ARMC Screening personnel
 - DCRW Professional Staff
- The main door will be the only access into the facility that remains open.

Facility Usage – Wellness Center

- Hand sanitizer stations located at front entrance, Cardiac Rehab screening area and equipment area
- Cleaning supplies provided to clean equipment (ARMC)
- Overall facility cleaning coordinated with Allegiance Housekeeping to create a schedule to follow
- PPEs provided to staff and patients (ARMC) (patients may use their own personal mask)
 - Mask, Gloves
- Front Doors (Handicap button)
 - Prop open inside door
- Elevator
 - 1 person allowed in elevator at a time
- Upper Lobby Area
 - Screening completed by Aiken Regional Medical Staff
 - 6 feet markers placed on floor to designate waiting area
 - Stair Railing
- Restrooms
 - Prop open restroom door
 - Locker rooms closed – will need to block off the entrance to the locker room facility
- Cardiac Rehab Equipment
 - 6 feet spacing between equipment being used
 - Social distancing signage to place on equipment not to be used
- Track
 - Space patients walking on the track to accommodate 6 feet social distancing
- Check In Points
 - Cardiac Rehab Chairs - Arrange chairs to accommodate 6 feet social distancing

- Hallway one direction

Daily Operational Procedures and Protocols

Entry into the facility

- Day before Cardiac Rehab – phone screening call completed prior to the first day returning to Cardiac Rehab. All other days the screening will be done in person on the day of Cardiac Rehab (screening questions provided by ARMC)
 - Ask questions to patient
- An employee will be stationed in the upper lobby during the Cardiac Rehab operational hours.
 - This could be the ARMC employee or an employee from UofSC Aiken.
 - This person is to ensure that no one enters the facility unless they are on the provided list of patients/staff.
- Daily list provided of staff/patients allowed to enter the facility
- ARMC Employee stationed in the upper lobby conducting entrance questions (screening questions provided by ARMC) and temperature check
 - Temperature not to exceed 100.4 F
- Pass entrance questionnaire – proceed to rehab area via stairs or elevator
 - 1 person allowed in elevator at a time

Entry into Cardiac Rehab (Lower Level)

- 1 person at the electrode station
- 1 person at the BP/weight station
- Waiting area chairs spaced 6 feet apart
- Paramedic/Nurse signs patient in at computer station – asks patient if there are any changes

Participation in Cardiac Rehab

- 6 feet distance between equipment being utilized
- Staff will clean equipment before and after each use
- Chairs distanced 6 feet apart for check in and check out
- Disposable BP cuffs assigned to patient
- Disposable monitor pouches assigned to patient
- Disposable cups used for water or patient can bring personal water bottle and use water bottle filler

Patient Responsibilities

- Hand wash / sanitize – at entrance, during exercise, at exit
- Maintain 6 ft. social distance
- Face mask worn during program unless deemed differently by the supervising physician.
- Full disclosure of any signs and symptoms
 - Do not attend if any signs or symptoms or have been sick
 - Do not attend if exposed to anyone that has had signs or symptoms or has been sick
- Cover cough and sneeze
- Wash hands or sanitize after cough/blow nose

Staff Responsibilities

- Hand wash/sanitize at entrance, during, exit
- Wear mask and gloves throughout program
- Clean equipment between patients
- Clean frequent touch points
- Maintain social distance between patients and exercise equipment
- Use patient specified BP cuff
- Clean stethoscope between patient
- Face mask worn throughout duration of program Full disclosure of any signs and symptoms
 - Do not attend if any signs or symptoms or have been sick
- Cover cough and sneeze
- Wash hands or sanitize after cough/blow nose

Exit of Cardiac Rehab

- Wash/sanitize hands prior to exit
- Maintain social distancing as exiting the building

Training of Staff

- The staff will be trained on how to properly sanitize the area to decrease the overall risk of transmitting any virus or bacteria. This training will be provided by Aiken Regional Medical Center and the professional staff within the Department of Campus Recreation.
 - How to disinfect/clean equipment during the program
 - How to remove PPE and proper disposal of PPE
 - How to clean monitor bags
 - How to store monitor bags
 - Emergency Protocols
- The staff will cover all new guidelines, policies and procedures to be followed when providing Cardiac Rehab and sign the training document.

General Policies and Procedures

Reopening America requires all of us to move forward together by practicing social distancing and other [daily habits](#) to reduce our risk of exposure to the virus that causes COVID-19 (CDC, 5/1/20)

- Stay Home if you are sick or have been around others that have been sick
- Wash hands frequently with soap and water for a minimum of 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water is not readily available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces
- Watch for symptoms of COVID 19. Fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat and/or loss of smell or taste (CDC, 5/1/20)
- Wear a cloth face covering in public and during rehab unless deemed differently by supervising physician
- Maintain a 6 foot distance from others
- Cover coughs and sneezes

- Preferable with a tissue that is then thrown away. Wash your hands immediately after coughing or sneezing.

General Cleaning/Disinfectant Plan (work with Jeff Jenik/Allegiance)

- During Program Operation
 - Disinfect entry points of contact
 - Disinfect equipment used for exercise before and after each patient
- Immediate Cleaning by Cardiac Rehab Staff after program
 - Disinfect clipboards, pens, pencils
 - Dispose of PPE properly
 - Store disinfectants properly after use
- After Program Operation
 - Allegiance Housekeeping will clean Cardiac Rehab areas before each program start day
 - Program hours of operation: M/W/F 8:15am-11:45am
 - Disinfecting plan of action follows university protocols. Areas to be cleaned include:
 - Front Entry – Doors in vestibule, handicap button, elevator buttons, stair railing
 - Restrooms – all surfaces, toilets, sinks, door handles/push areas
 - Chairs in Cardiac Rehab area – hallway and exercise floor
 - Wellness Center Desk
 - Frequently touched areas – Water fountain, doorknobs, handles

Facility/Program Prep Prior to opening

Call patients - Identify interest in returning

If Returning

- Schedule return date/appointment time
- Update if any medical changes since last session
- Update demographic and insurance information
- If insurance changed, will need before starting
- Collect new med list first day - verbal no change or need new list
- New release form
 - signed Printed instructions of policies and procedures within Cardiac Rehab
- Take Temperature
- Inform patients what questions will be asked at entry - if yes to any questions, do not come to rehab (Lisa to provide questions)
 - Had contact (within 6 ft. for 10 minutes) with suspected or confirmed COVID19 individual within the last 14 days
 - Traveled out of the country with the last 14 days including cruise ships
 - Traveled domestically within the last 14 days (If traveled to NY, NJ, CT or New Orleans)
 - Had a cough or flu like symptoms
 - Felt feverish or experiencing chills in the last 48 hours
 - Nausea, persistent headache or new onset migraine
 - Sudden onset of decreased or lack of smell and/or taste
 - GI Symptoms – mainly diarrhea and lack of appetite
 - If they answer YES to any of the questions above, they will be asked not to enter the facility
- Find out what activities/exercise patient has been doing
- Patient prep for first day
 - Mask Recommendation

- ARMC will provide masks for patients. Use during exercise is determined by risk to the patient while performing exercise
- Social distancing
- Entrance into the facility
- Guests are not allowed inside the Wellness Center during rehab
- Provide personal towel if wish to use one during exercise

If not returning

- Reason?
- Does patient need any info from program?

Timeline

May 1st – Plan draft sent to Ahmed Samaha, Dr. Pennington, Holly Guy, Lisa Davis, Jeff Jenik

- Revisions due to Mila May 4th by 4:30pm

May 5th - Meeting with Dr. Pennington, Lisa Davis (ARMC), Holly Guy, Mila Padgett

May 5th – 2nd draft sent to Cam Reagin

- Revisions due to Mila by May 6th 4:30pm

May 7th – Final draft completed and sent to Cabinet and Dr. Jordan

May 8th – Reevaluate target date of opening (suggesting May 18th)

Requesting 1 week to prep the facility and ensure that staff are trained appropriately between approval of guidelines to the start date of the program.

Other items that must be done prior to start of program TBD based on approval of reopening plan:

- Prep of Wellness Center space
- Disinfectant plan and guidelines created
- Training of Staff at least 1 day before rehab is opening
- All supplies received for the program including PPEs and cleaning materials
- Proper signage is placed around facility