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| **Administrative Policy and Procedure** | **Subject:** Rehab Therapies in the Rehab Gym During the Covid-19 Pandemic |
| **Approved by:** |  |
| **Effective: 3/31/2021** | **Revised:** |

**BACKGROUND**

Rehabilitation services and programs enable residents to return to, or improve, on their prior level of functioning in activities of daily living. These abilities may be physical, mental, and/or cognitive.

**PURPOSE**

To assist residents to get their abilities back and regain or improve their prior level of independence, while maintaining infection control measures to prevent the spread of the Covid-19 virus.

**POLICY**

The facility will conduct education, surveillance and infection control and prevention strategies to reduce the risk of transmission of Covid-19 during rehab therapies in the rehab gym. Rehab staff will maintain standard and droplet precautions and ensure that residents are socially distanced while using the gym.

**PROCEDURE**

1. Residents who have fully recovered from Covid-19, those not on a 14-day observation stay, and those who are not suspected or confirmed of Covid-19 may receive rehab therapies in the gym if:
   1. They are asymptomatic
   2. They can follow simple commands
   3. Are able to tolerate use of a face mask
2. Residents will wear a face mask during transportation to and from the rehab gym and for the duration of the therapy session.
3. For residents on the Observation and Covid areas/units, therapies will be done in the residents’ rooms
   1. All equipment, must be cleaned/disinfected with an EPA-Approved N-List product between each resident use.
   2. Rehab therapists are to wear a surgical gown, facemask, eye/face shield, and gloves while working with residents.
   3. Rehab therapists are to perform hand hygiene before and after therapy session with each resident.
4. Rehab staff are to confirm with nursing staff that it is safe for resident to leave the Unit prior to transporting resident to the rehab gym.
5. Rehab staff are to ensure that resident performs hand hygiene using sanitizing hand wipe, alcohol-based hand rub, or soap and water before and after therapy sessions (staff may assist residents with hand hygiene if they are unable to perform independently).
6. Social distancing will be maintained during transportation in the elevator.
7. Therapists may only treat one resident at a time.
8. Stationary equipment will be spaced apart to allow for at least 6 feet of distance between residents.
9. All equipment, whether stationary or portable, must be cleaned/disinfected with an EPA-Approved N-List product between each resident use.
10. Rehab gym must be cleaned/disinfected at least daily, either before or after therapy sessions (i.e. early morning or at the end of the day) and as often as necessary.