



Returning for Treatment - A Patient Guide

Ontario Association of Osteopathic Manual Practitioners Return to Work Guidance for Members

1 Preparation

Before Your Appointment

To return to treatment, there are some guidelines that you, your OMP and their office staff must follow for everyone's safety.



Active Screening

- Will be conducted over the phone or through teleportal upon booking or within 24 hours of your in-person appointment

Passive Screening

- Please read and adhere to the instructions on the screening signage within your OMP's office

Your OMP will have:

- Installed signage and rearranged their office layout and flow for safe two metre distancing
- Removed all soft materials (magazines, toys, etc.)
- Regularly cleaned and disinfected the office
- Minimized staffing
- Has appropriate PPE supplies for all staff
- Has created a safe patient flow schedule
- Has educated all staff with new return to work practices and requirements

2 Your Visit

Checklist

Before scheduling, do you have symptoms of COVID-19? If No, then contact your OMP to book an appointment.

If Yes, please do the following:

- Not attend in person at your OMP's office for at least 14 days
- Complete the Ontario Government's Self-Assessment
- Contact an appropriate medical authority to report your condition and seek treatment if necessary
- Your OMP is required to report any suspected or confirmed cases



Belongings

Bring only yourself, if possible, and minimal belongings.

Physical Distancing

Everyone should remain two metres away from each other when in the office. Appropriate PPE (e.g. surgical/procedural mask) will be used when having your examination or treatment within two metres.

Hand Hygiene

Hand hygiene is the most effective way of preventing the transmission of infections to patients and staff. Wash and sanitize upon entering the clinic, and after you leave.

Cleaning

Your OMP will follow the cleaning and disinfection protocols from Public Health Ontario. This would include cleaning of all diagnostic and treatment tools and treatment surfaces between each patient visit.

3 Monitoring For Symptoms

Checklist

When at the office you will:

- Maintain physical distancing whenever possible – two metres
- Wash and sanitize upon entering the clinic, and after you leave
- It is highly recommended to wash your hands again as soon as you get to your home
- Use contactless payment and limit the exchange of paper, e.g. emailed receipt



Checklist: Common Symptoms



- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms can include:

- Sore throat
- Hoarse voice
- Difficulty swallowing
- New smell or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, sneezing or nasal congestion

Continue to conduct ongoing regular screening of your health. If you exhibit symptoms of COVID-19, please follow the advice of public health officials before infecting others.