

Checklist for the re-opening of cardiopulmonary rehabilitation services in NSW

Most mainstream cardiopulmonary rehabilitation services have traditionally delivered centre-based, face to face interventions. The social distancing requirements to prevent community transmission of COVID-19 has meant that face to face sessions have been temporarily suspended across NSW in the past months. LHDs and local sites may now wish to consider resuming face to face sessions given the low prevalence of community transmission of COVID-19. The checklist below is a practical guide for this process, and highlights the key issues for consideration by cardiopulmonary rehabilitation programs in the re-opening of face-to-face services following closure during the COVID-19 pandemic. Your local site should also consider local processes and [COVID-19 prevalence data](#) when making decisions about the timing of resuming face to face cardiopulmonary rehabilitation sessions.

Checklist for the re-opening of cardiopulmonary rehabilitation programs

Preparation

<input type="checkbox"/>	Measure gym, education and assessment spaces and determine the maximum number of people permitted in the room (including staff) according to 4m ² per person public health order
<input type="checkbox"/>	Ensure adequate supply of products for hand hygiene (soap and water or antiseptic/alcohol hand rub)
<input type="checkbox"/>	Ensure adequate supply of neutral detergent or antibacterial alcohol wipes or disinfectant (70% alcohol or chlorine-based)
<input type="checkbox"/>	Ensure adequate supply of surgical masks (for use only as indicated)
<input type="checkbox"/>	Re-organise seating in waiting area, gym and education room to ensure 1.5m social distancing space between chairs and remove non-essential chairs
<input type="checkbox"/>	Re-organise exercise equipment to ensure 1.5m social distancing space if all equipment is utilised, or if equipment is located close together, consider method for blocking off every second item (e.g. cover with sheet, use hazard tape)
<input type="checkbox"/>	Establish priority categories for the return of patients (refer to example of priority categories on page 3)
<input type="checkbox"/>	Consider suitable area for storage of patients personal belongings (e.g. bags and jackets) – wall hooks minimise the amount of surfaces being touched

Pre- screening & provision of information for patients

<input type="checkbox"/>	In the 24 hours prior to attendance, contact patients via text message or phone call with COVID-19 screening questions (refer to example of screening text message on page 3)
<input type="checkbox"/>	Provide written instructions for patients attending including new procedures in place, contact details for program, with advice to not attend if any new acute viral illness symptoms (refer to example of information to provide on page 3)
<input type="checkbox"/>	Patient to bring their own pen
<input type="checkbox"/>	Patient to bring their own water bottle
<input type="checkbox"/>	Inform patient of new hospital entrance screening procedures (e.g. temperature check and COVID-19 screening questions)

Before & during session

<input type="checkbox"/>	Hand hygiene before entering (consider minimising the number of people touching the hand rub sanitisers by having staff distribute the product)
<input type="checkbox"/>	Observe 1.5m social distancing space between patients at all times, and between staff and patients when able
<input type="checkbox"/>	Consider staff to patient ratio and whether there is a need for more than one staff member considering smaller group size – is there another staff member located within the line of sight or hearing who could respond in an emergency?
<input type="checkbox"/>	Hand hygiene before moving between or touching equipment
<input type="checkbox"/>	Consider use of one pulse oximeter per patient per session (sanitised after each session)
<input type="checkbox"/>	Sanitise exercise equipment after each use
<input type="checkbox"/>	Re-consider use of hand-held exercise equipment, e.g. theraband – provide patient with their own; hand weights – ensure non-porous material and able to be sanitised

After session

<input type="checkbox"/>	Sanitise all surfaces which have been touched including chairs, tables, light switch, door handles, staff desk, drawers, cabinets, music players
<input type="checkbox"/>	Sanitise pulse oximeters

Example of priority categories

PRIORITY CATEGORY	EXAMPLES OF PATIENT COHORT
Category 1 – highest priority	<ul style="list-style-type: none"> - Pre/post-surgical procedures (e.g. heart or lung transplant, cardiac surgery, valve insertion or lobe/pneumonectomies) - Post AMI - Recent hospitalisation/s - Require close monitoring or oxygen therapy during exercise
Category 2 – medium priority	Stable heart/lung disease but requires motivation and support to exercise or requires supervision for safety during exercise
Category 3 – lowest priority	Stable heart/lung disease and safe and able to exercise independently and can wait for pulmonary rehabilitation until service capacity can be increased or when the service resumes normal operations

Example of a screening text message

“Regarding your upcoming appointment at [insert name of service, hospital]: if you are unwell or have been overseas in the last 14 days or have been in close contact with a person confirmed to have COVID-19 (coronavirus) please do not attend. Please call [insert service/hospital phone number] if you have any concerns.

Example of information to patients prior to attending cardiopulmonary rehabilitation

- Please be patient as we ensure everyone’s health and safety by asking you the COVID-19 screening questions in the 24 hours prior to your attendance, at the hospital entrance (including a temperature check), and prior to entering pulmonary rehabilitation
- Please do NOT attend if you have any NEW respiratory symptoms (fever, cough, runny nose, sore throat, new or worsened breathlessness)
- Hand hygiene must be performed before, during and after the sessions – we will provide suitable products
- Please maintain 1.5 metres social distance between yourself and other participants at all times
- Our staff will aim to minimise the amount of time spent within 1.5 metres of you
- Please bring a pen
- Please bring a water bottle
- Please minimise the amount of personal belongings you bring with you – we suggest one bag and one piece of clothing outerwear
- Questions or concerns? Contact: [insert service name and phone number]