

## APTA Hand & Upper Extremity COVID-19 Resources

APTA staff have developed resources for members to guide care and access financial assistance during the Public Health Emergency (PHE):

[http://www.apta.org/PTinMotion/News/2020/04/21/OutpatientResourcesRoundup/?\\_zs=moNfV1&\\_zl=mcJi6](http://www.apta.org/PTinMotion/News/2020/04/21/OutpatientResourcesRoundup/?_zs=moNfV1&_zl=mcJi6)

Here is the direct link to the Coronavirus Resource page:

[http://www.apta.org/Coronavirus/?\\_zs=moNfV1&\\_zl=NnOi6](http://www.apta.org/Coronavirus/?_zs=moNfV1&_zl=NnOi6)

Information on tracking/obtaining/determining eligibility for provider relief from the CARES ACT

<http://www.apta.org/PTinMotion/News/2020/04/17/CARESReliefInstructions/>

Details about Cares Act Relief and requirements for payments

<http://www.apta.org/PTinMotion/News/2020/04/22/CARESActDetails/>

APTA's Learning Center has several "learning on demand" resources available for both members and non-members at no cost. In addition, several no cost live webinars are being offered.

<https://learningcenter.apta.org/student/Catalogue/CatalogueCategory.aspx?id=dcbae4dc-1a13-42ff-b9da-7ba7a62162e9>

Many states and cities are relaxing rules. For an up-to-date list of reopenings:

<https://www.cnn.com/interactive/2020/us/states-reopen-coronavirus-trnd/>

Additional tips and recommendations for staying safe while providing services face to face

CDC guidelines for outpatient and ambulatory care settings:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/ambulatory-care-settings.html>

Additional helpful tips for providing face to face care:

1. Inform patients they should mask prior to entering the office.
2. Limit the number of people in the office by having patients text when they are in the parking lot and having your office text when they can come in.
3. Screen all patients: remote temperature check, symptom check list (see CDC link above). Have pts use hand sanitizer, wipes or wash hands prior to treatment.

4. Consider plexiglass screens- premade screens can be found on Amazon:

[https://www.amazon.com/s?k=plexiglass+screen&i=garden&ref=nb\\_sb\\_noss\\_1](https://www.amazon.com/s?k=plexiglass+screen&i=garden&ref=nb_sb_noss_1)

They range in price from \$35.00-\$200.00 and most ship free. If you are handy, you can build your own using PVC pipe or wood. <https://bracelab.com/clinicians-classroom/tabletop-treatment-shield/>

Here is another example using PVC pipe: courtesy of Dewane Jubara, PTA from Ohio



5. Since there is not documented proof of the temperature required to kill the virus, the use of heat for tissue preconditioning should include non-communal methods.

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

6. Orfit provides information for cleaning orthoses made from their products.

<https://www.orfit.com/app/uploads/51002-Leaflet-Cleaning-Instructions.pdf>

In addition, orthoses should be cleaned with soap and water and/or disinfectant wipes prior to reheating in the splint pan when orthosis modifications are indicated.

7. Disposable clinic options include: Semmes-Weinstein monofilaments, US gel pads, stethoscopes, electrodes, etc. These are available from most clinic supply sources.

8. Should masks be worn with face shields? This study may be helpful for convincing you or your employer of the importance of using both.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5015006/>

This study emphasizes the importance of adequate masks:

<https://bmjopen.bmj.com/content/5/4/e006577>

9. How to adjust a shield and prevent neck pain when using one. This guidance, developed by University of Iowa physical therapists: Cari Everhart, Amy Little and Deb Parrott is available here: <https://medcom.uiowa.edu/theloop/face-shields-frequently-asked-questions> or attached below.

10. Guidance for laundering exposed clothing can be found here:

<https://medcom.uiowa.edu/theloop/announcements/guidance-on-laundering-of-scrubs-at-home>

It is highly recommended that outpatient providers wear short sleeves to avoid carrying the virus on clothing and change clothes prior to leaving the clinic in order to avoid contaminating others. Dangling necklaces, scarves, bracelets, watches and rings should be avoided and long hair should be held up and back with barrettes, etc.