

## Staff Huddle: Hand Hygiene in Therapies. - Week #1

**What is the risk?** Germs can spread through unclean hands. Hand hygiene can reduce the spread of germs. Staff should always perform proper hand hygiene before and after therapy sessions.

- Clients should perform hand hygiene before and after therapies. If clients are sick with respiratory illnesses, therapies should be postponed until illness resolved. If therapies cannot be postponed, proper PPE and cough etiquette should be used.
- Staff should wash hands before dispensing bulk lotions to medication cups for use.
- Protective equipment that can be used during therapies for protection of self and client are gloves, gown, eye protection, and well-fitting surgical mask.



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## Staff Huddle: Single Use Items- Week #2

- Dedicate lotions or massage creams to one client. Do not double dip into bulk lotions or creams on multiple clients.
- TheraBand's and putties/clay should be dedicated to one client.
- Tens units need disposable electrodes, and the unit needs to be disinfected by manufacturers policy.
- Clean and disinfect all shared equipment prior to use with another client (e.g., wheelchairs, walkers).



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## Staff Huddle: Cleaning and Disinfecting in Therapy - Week #3

- Healthcare workers need to clean and disinfect walkers, crutches and hand railings after each therapy session.
- Disinfection with the proper solution and observation of appropriate contact time is essential for killing of germs.
- Therapy tables should be wiped down with appropriate disinfectant.
  - Remind staff to observe contact time with use of disinfectants.

- Disinfection needs to be performed after each client. Equipment such as cable machines and medicine balls need to be cleaned and properly disinfected after therapy use.



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### Staff Huddle: - Hydrotherapy-Week #4

- Potential routes of infection caused by contaminated water include accidental ingestion of the water, breathing sprays and aerosols from the water, and allowing wounds to come in direct contact with the water.
- Drain and clean hydrotherapy equipment (for example, tubs, whirlpools, and whirlpool spas) after each client use.
- Disinfect equipment surfaces and components by using an EPA-registered product in agreement with the manufacturer's instructions. Even when using tub liners, proper disinfection and cleaning is essential.
- If client is using communal pool for water therapy, proper skin assessment is necessary to assess for any protentional breaks in skin and/or skin lesions.
- If client has GI illness with diarrhea, water therapy should be postponed until resolved.

