

Campbell University Doctor of Physical Therapy Program

Spring/Summer 2021 Laboratory Guidelines

Purpose:

Educational institutions have needed to adapt and innovate in response to the challenges of providing quality experiences and maintaining safety of the campus community during the COVID-19 pandemic. Campbell University has instituted various policies to ensure the continued mission of the University while protecting students, faculty, staff, and the greater community. These policies can be found on the campus website 'Campbell Ready' link (<https://www.campbell.edu/coronavirus/campbell-ready/>).

The DPT program supports all campus-level guidance and upholds the expectation that all students, faculty, staff, and associated individuals comply with these standards fully. However, the nature of physical therapist education involves hands-on training and other psychomotor experiences that are difficult if not impossible to replace with socially distant alternatives. The DPT program has utilized campus policies along with guidance from the Centers of Disease Control (CDC) and the American Council of Physical Therapy (ACAPT) to develop laboratory guidelines for returning to laboratory activities.

Campus Level Guidance:

Campbell University has developed a comprehensive campus management plan for returning to in-person instruction in Fall 2020 (full details available at the above link). The primary components of the Campbell Ready strategy include alterations in social habits, delivery of educational content, and enhanced cleaning procedures. Key components of the campus strategy are listed below.

Face coverings- face coverings are mandatory in public settings and in outdoor settings where 6 feet of social distancing is not possible to maintain.

Social distancing- maintenance of 6 feet between individuals in all spaces, limited capacity to of indoor spaces to no more than 50% of approved capacity and altered classroom location and/or layout to facilitate 6 feet between individuals.

Symptom monitoring and contract tracing- all members of the campus community are asked to continuously monitor themselves for symptoms of COVID-19. Any onset of symptoms or contact, positive test, or contact with an individual with a positive test result must contact the Health Center for instructions and follow-up contact tracing. <https://cuweb.wufoo.com/forms/r8ivwye13bq8jt/>

DPT Program Specific Measures:

The DPT curriculum outcomes and needs of physical therapist education are not able to be achieved through socially distant methods alone. Certain skills and competencies require in-person instruction, feedback, and assessment consistent with clinical practice and accreditation standards. To balance the educational needs of the DPT students and community safety the DPT program has created additional guidance beyond the standard campus measures as outlined below.

Arrival on Campus

- **PRIOR** to leaving home students SHOULD perform a daily self-evaluation for the symptoms of COVID-19. The presence of any COVID-19 symptoms prevents attendance from in person coursework until cleared by Campus Health. Students with symptoms **NEED** to contact Campus Health by phone at (910) 893-1560 for instructions.

Symptoms may include:

- Fever and/or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If you have been exposed to an individual known or suspected to be COVID-19 positive students **NEED** to contact Campus Health by phone at (910) 893-1560 for instructions prior to attending in person classes.
 - Do not arrive at Smith Hall >15 minutes before your scheduled classtime/session.
 - Arrive at campus with clean face mask and face shield (details below).
 - Don face mask **PRIOR** to exiting your vehicle on the Health Science Campus.
 - Enter through designated doorways only.
 - Utilize stairwells as labeled (up only, down only) and avoid elevator use without medical need.
 - Proceed directly to lab room as indicated by your course instructor.
 - Do not congregate in common areas within the building.

Classroom/Laboratory Specifics

- Classroom Capacity- in person sessions have been limited to courses that cannot be easily transitioned to online. The classroom capacity allowable for DPT classes has been approved to exceed the 50% occupancy within the general campus guidelines. The additional precautions outlined below allow for the following classroom occupancy.
 - Room 315 (Gym)- 8 individuals
 - Room 317 (ADL Lab)- 8 individuals
 - Room 319 (Neuro-Peds Lab)- 24 individuals
 - Room 323 (MSK Lab)- 24 individuals
- ACAPT has recommended temperature screening as an additional step for containing potential spread of COVID-19. DPT students will have their temperature checked using the forehead thermometer following procedures outlined on the cart outside the classrooms. A recorded temperature $\geq 100.4^{\circ}\text{F}$ is considered a fever. Any student with a fever **SHOULD** exit the building immediately and contact Campus Health Center for instructions. Students will complete temperature screening at the beginning of each class and after lunch for classes that span a lunch period. A copy of the ACAPT policy can be found at the following link.

https://acapt.org/docs/default-source/public-docs/acapt-classroom-and-lab-guidelines-work-plan---version-1-may-18-2020.pdf?sfvrsn=49a08cd8_6

- All students should don their face shield when entering laboratory spaces.
- Students will be assigned pairs, pods (groups of pairs), and divided into half of the class. These assigned groupings will be used throughout the fall semester in all courses to minimize contact between individuals and allow for better contact tracing.
- Students will follow instructor directions for how to set-up for the class experience.
- Prior to beginning class activities, all surfaces and equipment **MUST** be cleaned utilizing wipes/spray provided.
- Prior to beginning class activities each student should wash hands or use hand sanitizer provided within the classrooms.
- Mask Wear – all students, faculty, staff, and guests/patients **MUST** always wear a face mask. Face masks should consistent with CDC guidelines (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>).
- Face Shield Wear – all students, faculty, staff and guests/patients **MUST** always wear a face shield (provided on the first lab session of the semester) in addition to the face mask. Goggles are an alternative to the face shield to cover the eyes. Goggles do not cover the nose and mouth thus appropriate face mask according to CDC guidelines is necessary.
- Students are responsible for proper cleaning and care of their won face mask and shield.
- If a student fails to arrive on campus with adequate face mask and face shield they **MUST** exit class until proper personal protective equipment is donned.
- Rare circumstances may allow for deviation from the face mask or shield requirements of patients (not students). These deviations are made by the course instructor only and **MUST** remain consistent with published medical guidelines.
- Upon the conclusion of class activities or whenever leaving a workstation/table/space all surfaces and equipment **MUST** be cleaned utilizing wipes/spray provided and each student should wash hands or use hand sanitizer provided within the classrooms.
- After class has finished students **MUST** proceed to leave the building within 15 min.

Quarantine/Sick Information

- Students **MUST** comply with the instructions of Campus Health regarding the need to quarantine and attend class session in remote format only.
- Students are expected to communicate directly with course instructors of any need to attend course session remotely.
- Students are responsible for remaining current with course content to the extent possible through remote education.
- If illness or other issues arise that prohibit the student from remaining current with course content the student should contact the DPT Program Director for consultation as to the appropriate course of action.
- DPT Faculty will be responsible for providing educational content (videos, lab capture, we resource, or other materials) as necessary to assist the student in remote learning.
- Additional skills checks or other competency assessments may be incorporated upon return to in person course work to evaluate student learning.

Food & Drink:

- Students **MAY** use the refrigerators and microwaves to store food this semester.
- Students are instructed to maintain social distancing during any eating, drinking, or activities that make mask wear impossible.
- It is recommended that students consider eating in outdoor spaces or offsite whenever possible.
- No food or drink will be allowed within the DPT lab spaces **AT ANY TIME**, including times when class is not in session.