



Malvern Sleep Clinic

Malvern Sleep Clinic
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May 28, 2020

Dear Referring Physician/Patient,

Our team of Sleep Medicine specialists, Sleep technologists and Admin staff members hope you are doing well and staying safe in these challenging times.

This unprecedented situation has put our lives on hold, which has not been easy!

We are now in the process of gradually and incrementally opening the Malvern Sleep Clinic for overnight diagnostic sleep studies starting May 28, 2020.

As always, our priority is the health and safety of our patients and our talented team of sleep specialists, sleep technologists and admin staff. To that end, we are proud to announce our opening as a **“COVID-19 protected sleep clinic”** with numerous protocols, procedures and the changes in the infrastructure for everyone’s health and peace of mind.

A special COVID 19 related training session was held in the clinic to explain the new procedures and protocols with emphasis on the fact that the improved clinic environment is safe for patients and our staff members. In this training the main emphasis was that conducting the overnight sleep studies outweighs the risk of any potential COVID 19 or other infection.

The following is a brief summary of protocols and precautions:

- COVID-19 patient screening will be done when we book the patients and it will be repeated when the patients come to the clinic.
- We are limiting the number of patients in our facility in order to maintain appropriate social distancing. Our patients waiting area in front of the reception desk will remain CLOSED. Patients will be escorted directly to the overnight sleep study room.
- To minimize the exposure, all consultations will be done “VIRTUALLY”.
- The Malvern Sleep Clinic will remain compliant with provincial and local orders and will adhere to safety guideline provided by the CPSO, IHF and the local public health department.
- Patients will be asked to refrain from bringing family members or friends at the time of appointment for the clinic.

- For pediatric patients, only one of parent or guardian is permitted.
- For appointment cancellations we need to be notified at least 24 hr. in advance, so we can offer that spot to another patient.
- Our technologists and admin staff have been trained how to wear the proper personal protection equipment. All staff will be wearing mask when not at their workstation, and those coming in contact with patients will be wearing mask, eye protection, and protective gown/coat.
- We have installed Plexiglass barriers/shields guards in our reception and technical areas.

RESPIRATORY ETIQUETTE AND ENVIRONMENTAL CLEANING PRACTISES

1. We always follow the IHF and CPSO recommended infection control and disinfection procedures to clean our electrodes and sensors.
2. We are in the process of installing super HEPA air purifier with UV light in the filter chamber. This air purifier will be left on continuously in the clinic.
3. This air purifier has been tested and validated by McGill University and now being used in the Intensive Care Units (ICU) of several well reputed hospitals in Canada.
4. After disinfecting every patient room with the HEPA air purifier in the morning and evening, cleaning and disinfecting high touch, non-patient care items and surfaces will take place at least twice a day, or more frequently as use and circumstances warrant. It will include, but not limited to:
 - Door: Knobs, Panel
 - Office desks
 - Chairs, especially arm rests and levers for adjusting chair height and recline
 - Desktop computers, Clipboards, pens, keyboards, computer monitors, etc.
 - Telephones
 - Wall switches
 - Handles of the desk drawer
 - Handles
 - Filing cabinets
 - Floor
 - We will ask the patients to wear a mask, and sanitize his/her hands when they visit the clinic

Restrooms:

- Sink and faucets
- Mirror, soap and towel dispenser
- Toilet bowl, seat, and tank
- All washrooms have been equipped with toilet seat cover dispenser
- Handrails
- Doorknobs and door panels (including stalls)
- For the time being the shower facility will be closed.

- During this days, patient will not be allowed to take shower in the Sleep clinic (We do not need to say this again)

Break rooms:

- Seats
- Fridge/Freezer - door, handle, panels, touch controls
- Microwave – touch panel, door, handle
- Sinks and faucets
- Countertop
- The patients will bring their own water bottle.

Disinfection of Patients setup rooms

All the disinfection and procedures for setup rooms mention in MSC Policy and Procedure manual are still valid. At the time of hooking and unhooking of patients rooms exhaust fans must be turned on. HEPA filter machines will be used for at least 10 minutes in the patients set up rooms after every patient hook and unhook patients procedure is complete to get rid of any potential presence of virus aerosols in the air of setup rooms.

If you have any question, please call in the clinic (416-282-9119).

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Changes have been made for the fabric items used for the patient's beds so that cleaning, hot sterilization of blankets, cleaning of bed sheets or towels is done every day or more often as needed.



In pediatric patients rooms vinyl beds disinfecting is being done by spraying and cleaning with Saniblend Disinfectant spray. The side railing polyester material is being replaced by vinyl material. This vinyl material is clean and disinfected every day.



Hot steamer is used every day to sterilize the curtains in patient's rooms.





Before the start of every shift (Day and Evening shift) items like keyboard, mouse etc. are disinfected and wrapped in plastic wrap as seen in the picture. After each shift these plastic wraps must be disposed off and new plastic wrapping is done again after disinfecting keyboard, mouse etc.

Infrared thermometers are being used to record the temperature of everyone entering in the clinic.



Everyone must fill the following Self Assessment Form.

Malvern Sleep Clinic Self Assessment Form

Staff Name: _____ Date: _____

Today's Temperature: _____

Screening Questions

1. Do you have any of the following unexplained minor symptoms:

Fever		Yes		No
Chills		Yes		No
Cough that's new or worsening		Yes		No
Shortness of Breath		Yes		No
Headache		Yes		No
Sore Throat		Yes		No
Muscle ache		Yes		No
Lost of taste or smell?		Yes		No
Pink eye /Conjunctivitis eye		Yes		No

2. Are you in any of these at risk group?
- 65 years old or older
 - Getting treatment that compromise your immune system
 - Having a chronic health condition
 - Regularly going to hospital or health care setting or treatment
3. In last 14 days, have you been in close physical contact with someone who tested positive for COVID 19?
_____Yes _____NO
4. In the past 14 days, have you returned from or travel to any other locations outside of Canada?
_____Yes _____NO
5. Are you wearing Mask and Gloves?

Signature