



CENTRAL OHIO music therapy_{LLC}

COMT Notice on COVID19

March 10, 2020

To COMT Clients, Clients' Families and Agencies,

Central Ohio Music Therapy (COMT) takes the current spread of COVID19 with the utmost seriousness and concern. We are aware of the vulnerable health conditions of many of the individuals with which we work and are committed to both protecting and serving our communities to the best of our ability. In order to ensure this commitment, COMT has been, and will continue to, monitor the status of the virus and all national, state and local government & healthcare agencies for policies and guidelines to best protect our communities.

Know that your decision to receive services from board certified music therapists means that you can expect the ***same level of infection control procedures as any other qualified healthcare professional***. We at COMT will follow all CDC and CMS guidelines outlined in the March 9th 2020 and future update CMS Memos. We welcome and will comply whenever possible with any additional infection control procedures requested by agencies and clients/clients' families prior to entering, and/or returning, to provide regular services in facilities and homes.

For those clients and agencies where on site services must be cancelled due to quarantine, or reduced for additional prevention procedures, COMT will work virtually with onsite agency staff and caregivers to coordinate and implement therapeutic music supports and, when possible and appropriate, provide virtual therapy sessions.

Supports we are prepared to provide in addition to, or in lieu of, on site/group music therapy services that address needs that may arise due to COVID19:

- Personalized playlists and other music listening recommendations to provide nonpharmaceutical symptom management and assist in reducing medication usage.
- Personalized playlists and music-based activities to provide stimulation and engagement for use during periods of reduced visitation and life enrichment opportunities and outings.
- Inservice and music-based self-care strategies to address staff/caregiver anxiety & burnout.
- Mnemonic music and songs to teach, reinforce and support good hygiene, handwashing & germ minimizing procedures for all ages, clients and staff/caregivers, as appropriate for needs.

The following are the steps COMT takes for infection control as defined by the CDC:

- Any therapist displaying symptoms of COVID-19 (coughing, sneezing, fever, shortness of breath) will cease visits IMMEDIATELY and get tested for COVID-19. Any therapists with COVID-19 diagnosis or known COVID-19 exposure will quarantine themselves and refrain from music therapy services until a doctor has approved them to return to work.

- COMT therapists will adhere to proper hand hygiene protocol, before and after all patient contact. Including using alcohol hand sanitizer (with 60-95% alcohol) until fully dry or washing hands with soap and water for at least 20 seconds.
- All instruments/materials will be thoroughly cleaned with Lysol Disinfectant wipes after each music therapy session.
- COMT therapists will avoid touching eyes, nose, mouth with unwashed hands and will avoid close contact with anyone who is sick or displaying/developing symptoms such as coughing, sneezing, fever, shortness of breath, etc.

Your assigned music therapist(s) will be in contact with you in the upcoming days and weeks to coordinate and make adjustments to session schedules and formats. If you have any concerns, please contact Erin Spring at 888-313-5552 ext. 1 or erin@ohiomt.com.

Thank you for your diligence, care and cooperation in protecting and serving and those we care for in our communities!

Sincerely,

A handwritten signature in cursive script that reads "Erin K. Spring".

Erin K. Spring, MM, MT-BC
Executive Director
Central Ohio Music Therapy

PS. For those wishing to use songs to practice and demonstrate proper handwashing procedures, please see the attached list of 20-30 second song choruses that may be used while washing hands.