

Alert Respiratory physiotherapy medical prescription limitations and instructions V1 25 March 2020

Prescribing respiratory physiotherapy for Covid-19-positive patients

(either confirmed or suspected) should remain limited due to the substantial risk of contamination.

- Clearance activities deemed “active” - ie. those involving manual compression and expectoration - should be strictly limited to specific patients who are otherwise incapable of expectorating on their own, such as those with neuromuscular deficit (patients with ALS, myopathic patients, etc.) or very acute COPD or other such chronic respiratory pathologies (bronchiodilatation, mucoviscidosis, etc.).
- **Avoid aerosolisation and projection as part of care.**
- Techniques involving instruments **should be avoided as much as is humanly possible.**
- Respiratory physiotherapy may be adjusted to assessing the patient or training patients to drain lower and upper airways themselves.

All respiratory physiotherapy activities - regardless of whether the patient is Covid-19 positive or negative -

- will require a signed medical prescription
- **defining suitable protective measures to take** (use of a FFP2 mask, protective eyewear, gowns, gloves, hair nets, etc.).

These recommendations are for doctors and are an addendum to the Respiratory Physiotherapy technical document of 17 March 2020 on practices, being mainly for the attention of physiotherapists.

It originated from APHP Sorbonne and applies to the whole of the APHP network.

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