



In Office Procedure Information

Preventing COVID-19 Illness

As the COVID-19 viral illness appeared in the Chicago area in early March 2020, elective surgeries were paused to ensure critical medical resources were preserved. As we have made strides in reducing transmission, these procedures have now resumed in regional hospitals, surgery centers.

The COVID-19 virus, however, remains in our community and continues to present risks for surgical patients. An understanding of the impact of COVID-19 on orthopaedic surgery is emerging but remains incomplete. Emergency surgeries needed to proceed during the early pandemic weeks with most patients recovering uneventfully. For those patients who contracted COVID-19 illness during their recovery, a slower recovery with the potential for pulmonary complications were evident.

Since there is currently no effective treatment for the COVID-19 viral illness (no effective anti-viral drugs or vaccines) - the best current treatment is **PREVENTION**.

To best **PREVENT** the COVID-19, it is important for patients to understand their personal risk factors, as well as, actively utilize prevention strategies both before and after your procedure.

Personal/Medical/Social-Behavioral/COVID-19 Risk Factors

Am I more AT-RISK of getting or being more ill from COVID-19?

These medical conditions and personal behaviors are known to increase your risks of contracting the COVID-19 virus and/or the severity of a COVID-19 illness. If you have any of these risk or behavior factors, discuss them with your surgeon prior to your surgery.



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Low Risk Personal Factors	Medium Risk Personal Factors	High Risk Personal Factors
Healthy	Active Smoking/Vaping Diabetes Hypertension Obesity	COPD/Asthma/OSA CHF/CAD Immunocompromised Renal Disease
Age<40	Age 40-60	Age > 60
Diligent Hand Washing/ Diligent Social-Distancing Diligent Face Mask Use	Occasional Hand Washing Intermittent Social-Distancing Intermittent Face Mask Use	No Handwashing No Social-Distancing No Face Mask Use
3 Person Home Compliant Self Isolation	3 or > Family Home Daily Out of Home Interactions	Regular Work in Out of Home Workplace Regular Social Interactions
History COVID Disease > 1 mo. ago with full recovery (+) Covid-19 Antigen Test	Distant/Short Exposure within 14 days Unknown Covid-19 Test Status	Direct and/or Long Duration Covid-19 Exposure (-) Covid-19 Antigen Test

Your Procedure Information

Aspirations & Injections

Aspirations and/or injections of many different types have been used to effectively treat many common musculoskeletal conditions affecting nerves, joints, muscles and tendons. Injections often contain an anti-inflammatory medication such as a steroid medication and/or a joint lubricant. These treatments are most often suggested at the time of your IJJI office visit. Prior to your IJJI office visit, you will be asked about your COVID-19 health, and at the time of your office visit, your temperature will be checked to avoid providing these treatments if you have COVID-19 illness.

Based upon current knowledge and observations, the impact of COVID-19 on you during or following these injection treatments appears to be a very small (if any) adverse impact.

Invasive Diagnostic Tests and Imaging (X-ray or MRI) Studies

There are a few diagnostic tests (such as EMG tests) and imaging studies (such as contrast joint arthrograms) that require use of needles or injection of contrast drugs to complete the study. At the time you are scheduled for these diagnostic tests, you will be given the 10 to Do's information and you will be asked to monitor your health to identify COVID-19 symptoms as well as check your temperature twice daily. If you develop COVID-19 symptoms and/or a fever more than 100.4 degrees F before your test, please call to reschedule your test when you have recovered.

At the time of your diagnostic test or study, both you as a patient and your IBJI care team will use appropriate personal protective equipment (PPE).

Based upon current knowledge and observations, the impact of COVID-19 on you during or following these tests or studies appears to be a very small (if any) adverse impact.

IV Infusions

There are several rheumatologic diseases that are successfully and/or effectively mitigated with periodic intravenous (IV) infusions of medication that control disease symptoms and/or prevent disease progression. Many of these diseases as well as the IV infusion medications used to mitigate the diseases create a suppression of the patient's immune system. However, it is also important to continue treatment to avoid disease flares and progression.

To reduce risks associated with IV infusions being given in immunosuppressed patients, all IV infusion patients, at the time you are scheduled for your infusion, will be given the 10 to Do's information and will be asked to monitor your health to identify COVID-19 symptoms as well as check your temperature regularly. If you develop COVID-19 symptoms and/or a fever more than 100.4 degrees F before your IV infusion, please call to reschedule your IV infusion for when you have recovered.

At the time of your IV infusion, you will be screened prior to your visit for COVID-19 symptoms and your temperature will be checked to see that you do not have a fever greater than 100.4 degrees F. Both you as a patient and your IBJI care team will use appropriate personal protective equipment (PPE) to reduce the opportunity for COVID-19 transmission.

All Other Office, Hospital and Surgery-Center Procedure/Surgery

It is important with all procedures/surgeries – big and small – that you be optimally prepared for the procedure/surgery and remain in good health during recovery. There is little scientific information about the impact of COVID-19 on procedure/surgical recovery. It is generally accepted that prevention of COVID-19 infections before and following procedure/surgery is important to improve your recovery and reduce adverse outcomes. All patients planning procedure/surgery will be asked to follow 10 Things We All Must Do for 2 weeks prior. You will also be asked to take your temperature twice a day – morning and night. If you develop a temperature of more than 100.4 F or any COVID-19 symptoms such as: chills, being tired, sore throat, dry cough, muscle aches and pain or recent loss of taste and smell - call your physician's/surgeon's office.

COVID-19 Virus Prevention Strategies

10 Key Ways to Prevent COVID-19 Viral Illness (2 Weeks Before and After Orthopedic Procedures)

- 1. Stay at Home** – as much as you can for 2 weeks prior to and following your surgery. Go outside your home ONLY for essential activities, essential work or exercise.
- 2. Wash Your Hands** – thoroughly and OFTEN: with soap and water – 20 seconds, particularly after being with another person or any time you have touched shared surfaces or objects – counters, handles, railings, utensils, etc., or with alcohol-based hand sanitizer when soap and water is not available.
- 3. Maintain ‘Social Distancing’** – keep 6 feet of separation between you and other people
 - Avoid groups of 3 or more people
 - Keep all conversations outside your family short - 10 minutes or less
 - Avoid direct contact with people – any touching or hugging – even friends and family
- 4. Wear a Face Mask at ALL times** – covering your nose and mouth when outside your home or when you are with people other than immediate family.
- 5. Clean Shared Surfaces Often** – clean counters, doorknobs, railings, bathroom handles, etc. with soap and water or household cleaning solutions.
- 6. DO NOT Touch Your Face** – with your hands. If you need to touch your face – do so after washing your hands and then also washing face with soap and water.
- 7. Avoid Public Travel** – avoid planes, cruise ships or road trips outside your neighborhood.
- 8. Each Day Monitor Your Health for Signs of COVID-19 Viral Disease** – check for common symptoms:
 - Temperature (fever) more than 100.4 F.
 - Fatigue and Muscle Aches and Pains
 - Sore Throat or Dry Cough
 - Difficulty Breathing or Shortness of Breath, Fatigue and Muscle Aches/Pains
 - Loss of Taste or Smell
 - Nausea and Diarrhea
- 9. Avoid CONTACT with ALL Sick Individuals** – stay isolated from sick individuals for 2 weeks prior to your surgery. Interact only if absolutely needed and use protection - masks/gloves – and interact for only a very short period of time.
- 10. If You Become Ill, Contact your Surgeon’s Office** - to report your symptoms. Use a mask or cover mouth/nose when coughing/sneezing into your bent elbow or a tissue to protect family members/friends.