



INSIDE SRHS

A NEWSLETTER FROM THE CORPORATE HEALTH STAFF OF SPARTANBURG REGIONAL HEALTHCARE SYSTEM

SPRING 2020

WHAT'S INSIDE

Corporate Health – Pelham to RE-OPEN Monday, June 8th!

We are very pleased to announce beginning Monday, June 8th at 8AM normal hours of operation at our Greer location will resume.

Until that time you may call our Spartanburg office at 864-560-9696 to schedule an appointment for our Greer office, until the office re-opens on June 8th.

COVID AND “BRINGING BACK THE BURG”

Corporate Health alongside team members at Spartanburg Regional are working hard to provide our patients and clients as much information as possible to support decisions and efforts to open business back up safely. Please see the following pages for COVID-19 resources and considerations for businesses.

COVID-19 Antibody Testing

COVID-19 Fit For Duties

Spirometry and PFTs Resume

Mobile Hearing Testing Resumes

DOT Certification Exceptions

Free COVID-19 Screening

Through Spartanburg Regional Healthcare System (SRHS) MyChart

Spartanburg Regional Healthcare System is currently offering a free COVID-19 telehealth screening tool for those experiencing a fever, cough, difficulty breathing and shortness of breath. Connect to MyChart directly on your computer, tablet or phone, and reach a provider anytime, anywhere.

- SYMPTOMS**
- Fever
 - Cough
 - Difficulty breathing
 - Shortness of breath

GET YOUR FREE SCREENING

Tablet or computer users

1. Visit the website [MyChart.SpartanburgRegional.com](https://mychart.spartanburgregional.com) and login or create a new account.
2. Click E-Visit under Quick Links in the right-hand column.
3. Accept terms and conditions and follow the on-screen instructions.

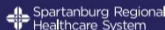
Mobile App users

1. Download and/or open MyChart app on your phone and login or create a new account.
2. Go to Activities and click 'E-Visit' icon on the bottom right.
3. Accept the terms and conditions and follow the on-screen instructions.



E-Visits Available 24/7

E-Visits are available to South Carolina residents. Residents must physically be in the state at the time of their e-visit. E-Visit providers are not able to prescribe controlled substances.



Visit and share Spartanburg Regional’s **Discover Health** webpage anytime to find health articles and events in the Upstate.

Spartanburg Regional hosts a myriad of events each month throughout the Upstate to support our community. You and your employees are always welcome to attend. Please feel free to promote any and all events that you feel are appropriate. Some fees may apply to certain events.

<https://discoverhealth.org/>



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Changes at Spartanburg Regional Corporate Health Offices Our 'No Visitor Policy' Remains in Effect.

Please note we continue several practices to ensure our patient's safety, and the safety of our staff and community. We sanitize all touch points and exam rooms between patients.

Upon entering any of our facilities:

- You will be asked to follow social distancing requirements.
- You will be asked to wear a mask and we have masks available for you.
- You may be asked COVID-19 screening questions.
- Your temperature may be taken.

COVID-19 Antibody Testing

At the request of several clients SRHS Corporate Health will now offer COVID-19 Antibody Testing. However, at this time the CDC and DHEC advise that these tests provide limited information to patients about whether or not they had a past COVID-19 infection and furthermore whether or not a previous infection offers any protection against a second infection. Thus, both entities recommend all individuals should still practice social distancing and wear a mask when in public or in a group to protect themselves and others whether they have had a positive or negative antibody test. Testing requires a blood collection, and analysis is done through LabCorp, our primary lab vendor. The charge will be \$89, and will be billed to client. We will not file health insurance. We require authorization and you may write "COVID-19 Antibody Testing" in the comments at the bottom of our authorization form. We will provide patients with a "COVID-19 Antibody Test Result Interpretation" document to take home with them. A copy of this document is available upon request. Sealed results will be provided to the employer to distribute to the employee, and if a release is signed we can provide results to the client, as well.

If you have an onsite clinic and are interested in offering COVID-19 Antibody Testing please reach out to our Corporate Relations Director at 864-560-4033 or arussell@srhs.com

You may view detailed guidance from both CDC and DHEC by visiting the following links:

<https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antibody-tests.html>

<https://www.scdhec.gov/health-professionals/public-health-laboratory-phl/covid-19-testing-information-phl/antibody-testing-covid-19>



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COVID-19 Fit for Duties

Corporate Health will provide our clients fit for duty services following an employee's positive diagnosis of COVID-19. However, the following criteria must be met first before scheduling the fit for duty appointment:

1. Patient **must** have a medical clearance note from treating provider (i.e. PCP) that they are cleared to work (with effective date). If patient has no PCP, than an office note (for the clearance visit, not just any random office visit note) from urgent care/ICC provider will be accepted.
2. At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications (i.e. Tylenol / ibuprofen) **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
3. At least 10 days have passed *since symptoms first appeared*.
4. Please see last page of this newsletter for our new Fit for Duty processes and procedures.

Fit for Duty Reminders

Corporate Health is pleased to offer Fit for Duty services to our customers when you are concerned an employee may not be ready to return to work (even when released by their treating physician).

Employee must have a medical release to return to work signed by their treating physician, and all medical records including necessary labs and imaging from their treating physician related to their condition in hand or faxed to our office prior to their appointment. Fit for duties are not to be scheduled any sooner than 48 hours and if the data/records are not in hand 48 hours prior, the staff will call the employer to reschedule the appointment.

If employee is released to work by an urgent care or emergency center provider with instructions to follow-up with a primary care physician or specialist, the employee must complete this follow-up before seeing our occupational health provider.

Please send any job description, essential job or functional requirements along with the employee or to our office in advance of the appointment.



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Respirator Fit Testing, PFTs/Spirometry resumed

- Emphasis on universal precautions is advised throughout the entire screening process. We will be maintaining 6 feet of distance as frequently as possible and donning Personal Protective Equipment to include a mask and gloves.
- Employees (patient) will be asked to remove their face mask only during the procedure and otherwise will need to continue wearing a face mask during the remainder of their visit.
- When instructed to do so the employee (patient) will be instructed to blow away from the clinical staff while undergoing spirometry testing.
- All testing equipment including the spirometry sensor will be disinfected between appointments/testing.

Mobile Truck - Audiometric Testing (Hearing Conservation Testing) Resumes

Audiometric hearing testing has resumed in accordance with the Council for Accreditation in Occupational Hearing Conservation (CAOHC). Detailed information regarding their recommendations can be viewed here: <https://www.caohc.org/caohc-news/in-the-news/hc-screening-guides---due-to-covid-19>

The following precautions will be taken:

- Emphasis on universal precautions is advised throughout the entire screening process. We will be maintaining 6 feet of distance as frequently as possible and donning Personal Protective Equipment to include a mask and gloves.
- The audio booths and associated equipment will be disinfected after and before each use.
- Any employee (patient) that presents with any upper respiratory symptoms in addition to a fever will be asked to reschedule their hearing test.

DOT guidance during COVID is the following (valid from March 24, 2020 to June 30, 2020):

FMCSA will exercise its enforcement discretion to not take enforcement action for the following:

1. 49 CFR 383.23(a)(2) – a CLP or CDL holder operating a CMV with an expired license, but only if the CLP or CDL was valid on February 29, 2020, and expired on or after March 1, 2020.
2. 49 CFR 383.37(a) – a motor carrier that allows a CLP or CDL driver to operate a CMV during a period in which the driver does not have a current CLP or CDL, but only if the CLP or CDL was valid on February 29, 2020, and expired on or after March 1, 2020.
3. 49 CFR 391.11(b)(5) – a CMV driver (i.e., CLP, CDL, or non-CDL license holder) or motor carrier that allows a CMV driver to operate a CMV during a period in which the driver's operator license has expired, but only if the driver's license was valid on February 29, 2020, and expired on or after March 1, 2020, and the driver is otherwise qualified to drive under 391.11.
4. 49 CFR 391.45(b) – a CMV driver or motor carrier that allows a CMV driver to operate a CMV during a period in which the driver does not have the current medical certificate as required by 49 CFR 391.45(b), but only if the driver has evidence of a medical certification that was valid on February 29, 2020 and expired on or after March 1, 2020.

Website is: https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/2020-03/Enforcement_Notice_on_Expiring_CDLs_3.24.20.pdf



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Ergonomic Considerations for Temporary or Permanent Home Office Workstations

Recently many employers, including Spartanburg Regional Healthcare System, transitioned associates from a centrally located facility with designated office space designed and developed with ergonomics in mind to employees being asked to work from home. And, most home offices do not account for these same ergonomic principles.

As a result, many may experience musculoskeletal discomfort that was not present while working in their organization’s designated office environment. Much of this discomfort and potential ergonomic risk can be addressed by educating users on how to make the most of their workstation and by following accepted ergonomic and lighting set-up guidelines.

We would like to make our client’s aware of some freely available educational resources that may help all of us weather this storm. Education on what adjustments you can and should make to your interim workstation is the first step in maximizing the ergonomics while minimizing the risk. Please see links below. If after referencing these tools you still have questions, or your employees are still experiencing discomfort we do offer Office Ergonomic services available at your facility or team members’ home office environments. For more information please contact Brent Webber at bwebber@srhs.com. Stay safe and thank you for your business.



There are several reputable resources publicly available to help companies address office ergonomics that can be applied in an at home setting. A brief but not exhaustive list includes:

OSHA and DOL

<https://www.osha.gov/SLTC/etools/computerworkstations/index.html>

Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>

UCLA Health

<https://www.uclahealth.org/safety/office-ergonomics>

Sit Better



Sit Less



Move More



Services provided by Corporate Health’s Manager of Injury Prevention and Industrial Rehabilitation.
Brent Webber PT, FMS, SFMA, CEAS III

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