



सत्यमेव जयते

Govt. of NCT of Delhi

WORK PLACE GUIDELINES FOR ILAJ BIL TADBEER TECHNICIANS AMID COVID-19 PANDEMIC



**Examining Body for
Para Medical Training for
Bharatiya Chikitsa, Delhi
Govt. of NCT of Delhi**

Block-4

*Under Ring Road Bypass
Flyover, Opp. Indira Gandhi
Stadium Gate-10
I.P. Estate, New Delhi-2*

Guidelines to be followed at Ilaj Bil Tadbeer Centre

- ⊙ Everyday Sanitation for Ilaj Bil Tadbeer Centre and theatre, and therapy rooms with the use 1 % Sodium hypo chloride solution.
- ⊙ Doors are fitted with foot operated door opener wherever possible.
- ⊙ Foot operated sanitizer, dispenser or / touchless wall mounted dispenser to be placed at the entry of the centre. Every person is advised to sanitize their hands before entering.
- ⊙ Thermal Screening of every person at the gate itself, then only allowed entering the hospital premises.
- ⊙ Every patient is asked to show their health status at the gate on Arogya Setu Application.
- ⊙ Proper ventilation and air flow is required to ensure at the work place.
- ⊙ Floor of the Ilaj Bil Tadbeer theatre and therapy table be clean with liquid soap after every therapy.
- ⊙ Door knobs, handles and high touch surfaces in the common facility area shall be clean frequently.
- ⊙ Everyone must follow social distancing, homemade masks and respiratory hygiene practices are to be followed.
- ⊙ BUKHOOR (Medicated fumigation) to be carried with some antiviral anti bacterial medicine like Loban Kafoor and Neem etc, and some essential oils.
- ⊙ WHO guidelines regarding proper hand wash technique with soap and water for 20-25 seconds and to be followed regularly.
- ⊙ Health Care worker to ensure W.H.O-5 moments for hand hygiene (before touching a patient, before any clean and aseptic procedure after exposure to body fluid, after touching a patient's surrounding).
- ⊙ Educate first then training on updated information of COVID-19 is to be given to all technicians, health care workers and patients also.
- ⊙ Every health care worker and patient is asked to install Arogya Setu App and AYUSH Sanjivini App as advised by the Government.
- ⊙ It is advisable to use Inkebaab (steam inhalation) regularly by the staff and patients of Ilaj Bil Tadbeer.
- ⊙ All the technician, staff and patients shall strictly adhere to all safety precautions while using public transport for coming therapies.
- ⊙ It is advisable to avoid sharing of all equipments like stethoscope, B.P. instruments and utensils like plate, glass etc.
- ⊙ All should follow the guidelines regarding general self care measures as advocate by Ministry of AYUSH, Govt. of India and Dte. of AYUSH, Govt. of NCT of Delhi including herbal tea and Joshanda made from Takhme – Rehan, Dalchini, Black Pepper, Zanjbeel (Dry ginger) and Raisin (Munaqqa)
- ⊙ It is advisable not to practice shake hand and hugging.





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Guidelines to be followed for therapies

A) Before Initiation of Therapies:

- Patients who are above 65 years or having co-morbidities such as diabetes, cancer, kidney diseases hypertension are not to be posted for Ilaj Bil Tadbeer procedures. Children below 10 years are also not to be considered.
- Patients who have a travel history, contact history and living in COVID containment zones should not to be considered for therapy.
- Consent from patient stating that the he/ she or family member have never been positive for COVID-19, his / her residential area have never been declared as containment zone, he / she will report whenever patient having fever or any other symptom of COVID-19 etc. ID proof to be collected and filed from the patient who have registered for therapies.
- Therapist shall report any incidence of infection in family or self in a proforma made for that purpose.
- Patients are advised to bring their own soap and shampoo and towel for usage after the therapy and advised to take away their belonging with them. The disposable linen may be used as per requirement.
- Medicine preparation area or kitchen shall be properly maintained.
- Shall adopt the use of all disposables like sheet or gown etc.
- Copper / Clay utensils are advisable for use of Ilaj Bil Tadbeer preparations, the utensils be washed or may dried in sunlight. Ilaj Bil Tadbeer decoctions / and other medicines, oils are not to be re-used again.
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B) During the Conduction of Therapies:

- It is advised to handle one case at a time. One technician is given the work related to only one patient.
- Technician shall ensure while performing the therapy to use PPE (Personal protective equipment). They use hand gloves for each patient –separately, N-95 medical mask, face shield, disposable head cover, shoe cover and washable gowns as per the need. Mask shall be discarded.

C) After the Completion of Therapies:

- To ensure the disposal of soap, shampoo etc. after the use.
- Waste generated during Ilaj Bil Tadbeer procedure such as oils, liquids, cotton and gloves and masks and empty containers, bottles of Medicines etc. shall be properly disposed as per Bio Medical Waste Management Rules, 2016.
- Designated area to be provided to the technicians and all other health care workers for donning and doffing of PPE Kit.

Issued in public Interest by the

Examining Body for Para Medical Training for Bharatiya Chikitsa, Delhi

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