



COVID-19 Cardiopulmonary Exercise Testing (CPET) Response Plan

Pre-CPET Patient Requirements:

1. **Health & Environment Risk Status:** COVID-19 phone screening will be conducted prior to scheduling and 3-4 days before the CPET appointment. If high risk status is determined or acute flu symptoms ie fever/cough are present the appointment will be rescheduled.
2. **Self-quarantine:** 7 days prior to CPET testing.
3. **Symptom Status:** Take temperature daily starting 7 days prior to the CPET appointment and report a **fever** (100° F or higher) or **flare up** of other possible COVID-19 symptoms immediately to Workwell. These symptoms include: fever, chills, cough, sore throat, shortness of breath/chest tightness, loss of taste or smell, runny nose, nasal congestion, headache, severe fatigue/exhaustion, muscle pain.

Day of CPET Patient Requirements:

1. **Face Mask & Gel In/Gel Out:** Participant must arrive at test site wearing a **face mask** and use **disinfectant gel** upon arrival and departure. A face mask must be worn during preparatory procedures. The face mask may be removed for short breaks when it is safe to do so and a minimum of 6 feet of physical distance can be maintained while the mask is off.
2. **Temperature:** Prior to entering the facility temperature will be taken. Testing will be rescheduled if a fever is present.
3. **Physical Distancing:** Call Workwell (209) 599-7194 upon arrival for testing. You will be met at the front door and taken directly to the testing room. Only the testing participant will be allowed in the testing room to maintain a 6-foot distance.
4. **Personal Protective Equipment (PPE):** Testers will employ level 2 safety, wearing full PPE throughout testing session with participant.¹
5. **Disinfecting:** Standard and thorough cleaning procedures will be completed using EPA-approved disinfectants (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>) on all surfaces, high touch areas and testing equipment.
6. **Appointment Duration:** Time scheduled for CPETs will increase by at least 30 minutes to allow for thorough cleaning/disinfecting and ventilation using HEPA filtration of the test environment.
7. **Informed Consent:** Each testing participant acknowledges that additional safety precautions will be taken to reduce the risk of COVID-19 infection understanding that a risk of infection, while mitigated, still exists.

Post-CPET Recommendations:

1. **Follow-up:** In addition to our standard CPET follow-up procedures, we ask that development of any COVID-19 associated symptoms be noted and reported on the open-ended recovery questionnaire.
2. **Self-quarantine:** for 14 days after testing or until recovered to pre-test baseline symptoms.
3. **Recovery:** Review and follow Workwell's preparation and recovery tips.

¹ A surcharge of \$150 will be added to each 2-day CPET to cover disposables, personal protective equipment and EPA approved disinfectants.

