

## **ELIZABETH NOAR PHYSIOTHERAPY ('The Practice')**

### **Covid 19 – Policy**

This policy sets out the Practice's policy and procedures on dealing with Covid 19

What is Covid 19? World Health Organisation overview extract:

*Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).*

Our protocol is informed by advice taken from government sources and professional bodies, primarily:  
NHS Inform Scotland

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Our professional body the Chartered Society of Physiotherapy

<https://www.csp.org.uk/news/coronavirus>

The Health and Care Professions Council

Acupuncture Association of Chartered Physiotherapists

Risk Mitigation - Prevent getting or spreading Coronavirus by ensuring:

- Patient screening to prevent asymptomatic patients coming into the surgery
- Face to face appointments conducted safely
- Social distancing followed where possible
- Good hand hygiene practised by staff and patients
- Effective cleaning of surgery and all infrastructure
- Effective cleaning of shared/loaned equipment
- Clear messaging within surgery and in all communications with patients
- Ensure appropriate record keeping to meet professional standards

### Infection Control Measures

#### Patient Screening

- Restrict numbers of patients coming to the surgery by conducting triage to assess whether face to face treatment is necessary
- Offer alternative of telephone or video assessment and treatment. Option of external assessment is available eg visit to patient house/garden.

#### Face to face appointments conducted safely

- Patients to sign special Covid consent form outlining the risk of face to face treatment and declaring they are asymptomatic.

- Patients to be advised not to come to surgery if they have Covid symptoms, particularly between arrangement of appointment and actual appointment, or if they have knowingly been in contact with others who may have Covid symptoms.
- Patients to wear face masks and wash hands on arrival.
- Clinician to wear PPE
- Clinician and surgery staff to wear face masks and scrubs tunics
- Operate on a one in one out basis to avoid patient overlap.
- If patients arrive early, they are asked to wait in car until their appointment time.
- Appointments managed to allow appropriate cleaning between appointments
- Patients to attend alone unless discussed ahead of appointment time with agreement of both patient and clinician

#### Surgery Infrastructure

- Follow guidance on cleaning, hygiene and use of hand sanitiser.
- Provide water, soap, disinfectant spray, anti-viral spray and hand sanitiser, paper towels.
- Clinician and staff to wear face masks and scrubs tunics
- Surfaces to be cleaned between patient appointments – treatment couch, chair, door handles
- Treatment couch pillow to be covered by one use towel, changed for each patient.
- Treatment room laundry to be washed on 60 degree cycle.
- Ensure adequate stocks of cleaning materials, sanitiser, face masks, PPE, paper towels etc
- Leave outer door open if possible to ensure less use of door handles
- Ensure adequate ventilation by leaving outer door open if possible or open treatment room/office windows.
- Regular emptying of bins, cleaning of surfaces and equipment.
- Ensure shared equipment cleaned with anti-viral spray after use/before being used by other staff.
- Ensure equipment on loan (ultrasound, traction units, Tens units etc) are cleaned before loan and again on return from patient.

#### Clear Messaging

- Patients advised by email/phone and by signage that before entry they must wash/sanitise hands and wear face coverings
- Appropriate signage within the surgery
- Clear communication on website

#### Record Keeping

- Record on patient notes that triage assessment undertaken and if face to face treatment is necessary.
- Record in appointment calendar and patient notes that Covid forms issued and completed for all initial face to face sessions.