

NJD Physiotherapy and Pilates

Mobile: 07971 479455

Email: admin@njdphysiotherapyandpilates.co.uk

COVID-19 POLICY

Healthcare services, including physiotherapy, can continue to operate across the UK. NJD Physiotherapy and Pilates is able to offer the local community a Physiotherapy service both virtually and when clinically justified face to face consultations. These decisions are made following the Chartered Society of Physiotherapy (CSP) guidance.

[Face-to-face or remote consultations: supporting you to make safe decisions about patient contact | The Chartered Society of Physiotherapy \(csp.org.uk\)](#)

Measures have been put into place to reduce risk to staff, patients and to public health. If you are considering coming into clinic for a face to face appointment it is essential that you read the following:

CLINIC CAPACITY

- This is a small clinic run by a sole Physiotherapist, therefore the same therapist will use the clinic space with no increase in therapist usage.
- There will be only one appointment at a time and patients must attend their appointments on their own unless prior agreement for a chaperone ahead of the appointment has been made.
- There will be a minimum 20 minute gap between clients to allow to ventilate the clinic and carry out the necessary cleaning.
- All clients will be requested to wait outside/ in their vehicles until the therapist allows entry into the clinic building.

CLEANING

- The recommended COVID disinfectants will be used prior to the clinic session with a heightened attention to all high-touch surfaces eg, door handles, light switches, hand sanitising units, sinks, before and after every treatment session.
- Towels and couch covers will not be used.
- Pillows will be wipe clean plastic pillows with disposable once only use covers.
- Couch roll will be used on the treatment couch and pillows and disposed after each patient.
- Only equipment that can be wiped cleaned will be in use within the clinic.
- All cleaning processes require the therapist to follow the cleaning policy, documenting that they have completed the process before and after each client.

SOCIAL DISTANCING MEASURES

- Where possible during the appointment a 2 metre distance will be maintained. However, the nature of physiotherapy is 'close contact' and therefore your therapist will have to wear appropriate 'Personal Protective Equipment' (PPE).

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Your Physiotherapist will be wearing PPE kit following the government guidance.
- 11R Surgical mask, visor, apron and gloves.
[IPC Highlights Quick Reference Guide.pdf \(publishing.service.gov.uk\)](#)
- All clients must wear a 11R surgical face mask in line with government guidelines when they enter the clinic building.



HAND HYGIENE

- All clients will be required to use the hand sanitiser provided at the entrance/ exit of the clinic area.
- All clients will then be required to wash their hands after removing their outdoor footwear at the entrance/ exit to the clinic area.
- At the end of the appointment all clients will be required to wash their hands and then to use hand sanitiser provided at the entrance/ exit to the clinic area.

WORKPLACE CLOTHING

- All therapists will be wearing scrubs so that they can be washed at 60°C between appointments.
- All therapists will follow a 'bare below the elbow' protocol reducing the ability to exchange respiratory droplets.

YOUR AGREEMENT WITH US

Prior to attending your appointment, you will undergo a virtual consultation. We advise you to assess the need for a face to face consultation. We advise that you consider your clinical needs to have 'close contact' assessment and treatment in line with the recommendations of our governing body 'The Chartered Society of Physiotherapy'.

www.csp.org.uk/news/coronavirus/clinical-guidance/face-face-or-remote-consultations/guidance-england

We have done everything to reduce the risk to clinicians and patients contracting COVID-19 in our clinical environment. However, if you come in for face to face assessment and/ or treatment please be aware that there is no way that we can eliminate the risk of you contracting COVID-19.

Please do not come in if either you or one of your household is in one of the higher risk groups or at any point have been advised to 'shield'.

Higher risk groups - please refer for further information to the link attached. This is not an exclusive list and therefore if you have been informed you are in a high risk group you should not attend a face to face appointment.

[Who's at higher risk from coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/coronavirus/coronavirus-high-risk-groups/)

Please do not attend a face to face appointment if either you or anyone in your household has been unwell in the last 2 weeks. Including but not exclusively, the following symptoms:

The most common symptoms are new:

- continuous cough
- fever/high temperature (37.8C or greater)
- loss of, or change in, sense of smell or taste (anosmia)

A new continuous cough is where you:

- have a new cough that's lasted for an hour
- have had 3 or more episodes of coughing in 24 hours
- are coughing more than usual