



RETURN TO WORK PROTOCOL FOR COVID-19

The purpose of this document is to provide a framework to be assessed and plan for a reduced physiotherapy service to be incrementally introduced to allow clients to receive necessary clinical assessment and therapy interventions that are considered essential and cannot be provided via virtual consultation.

The objective is to provide effective physiotherapy to a healthy population group while mitigating any risk of transmission or infection. The aim is to ensure that we can deliver appropriate physiotherapy interventions, such as manual therapy to provide an adjunct to exercise therapy and where clinical assessment and manual therapy are essential to achieve an optimal outcome.

CLINICAL SPACE

This shall vary due to the fact I shall be entering client's homes. Access shall also differ, though I will ensure minimal contact with any persons other than the client.

- Access to the clients' home via the path with minimal exposure to other people.
- There shall only be one physiotherapist working in the clinic area. No other persons would be present, unless the client requires a chaperone this will have to be a close family member.
- Comply with social distancing guidelines at all times when not performing any active treatment or assessment.
- Van, door handles, light switches and equipment all constantly wiped.
- Allow adequate time to disinfect and clean all equipment and treatment table in between clients.
- Deep clean van and equipment used at the end of each clinic session in accordance with national guidelines.
- Information warning of the danger of Covid-19 shall be emailed to clients before all appointments e.g. symptoms, social distancing, hygiene etc
- If a client shows symptoms appointments will stop with immediate effect. I will then also self-isolate and arrange screening. A full disinfect-deep clean will take place and the appointments will not re-start until deemed safe to do so.
- Clients to pay electronically wherever possible.

PHYSIOTHERAPY APPOINTMENT PROTOCOL

- All **New** clients will be assessed initially via virtual consultation. This will keep “face-face” appointment times to a minimum.
- All clients will be asked to complete a self-monitoring questionnaire and sign a declaration prior to attending an appointment to identify risk of having any COVID-19 related symptoms in the last 6 weeks or been in contact with any household member or person with symptoms in the last 14 days.
- Clients will be asked to be suitably dressed and ready for physiotherapy sessions to minimise contact time in the clinic.
- The physiotherapist shall phone when ready to enter the client’s property, for the appointment.
- In accordance with national guidelines, appropriate PPE will be worn by the physiotherapist and offered to clients. No aerosol generated procedures will be taking place.
- Approved medical face mask as recommended by scientific guidelines during moments of close contact manual assessment and treatment shall be used where social distancing cannot be maintained.
- The client will have a clear free station available for Hand Washing and hand gel will be available by the physiotherapist and encouraged pre and post appointment.
- Contact details for all clients to flag to you if they develop symptoms.
- List of all contacts to assist with contact tracing if required.

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Policy Written for: Fellside Physiotherapy

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