

COVID-19 Patient Information Leaflet

In order to continue to help others, helping keep our team safe is a top priority. This includes being conscious and up to date with infection prevention and control measures and the appropriate implementation of personal protective equipment (PPE) and hand hygiene. We are keen to get back to seeing people as soon as it is safe to do, in order to achieve this we have put processes in place to be able to return to home visits where required.

What We are doing to help you:

- Offering video consultations as a first option
- Only providing home visits for high priority or low risk clients

What is high priority:

- Those who may be at risk of deterioration and subsequent hospital admission or increased care needs as a result of lack of intervention.
- Those who have suffered a recent stroke (within the last 6 months).
- Recent discharge from hospital and risk of readmission if not assessed.
- Risk of falls/pressure sores.
- Requirement for rehab intervention that cannot be met through other means.

Who are classed low risk:

You must meet the criteria below prior to a visit being agreed.

- Those who have no carers coming in/out.
- No recent admission or engagement with other health services.
- Household is self isolating with no symptoms in the past two weeks.
- No social engagement outside of the household in the past 2 weeks.
- Other precautions taken such as shopping deliveries etc.
- Both the client and therapist are happy to undertake the session and are aware of the risks associated.

What you can expect from our visit:

1. On arrival the Physiotherapist will check with everyone present that all is well and no recent contact with anyone with COVID-19. Any concerns should be raised immediately with the Physiotherapist before commencing the visit.
2. They will wash their hands or use alcohol gel on entry/exit.
3. Your therapist will need to put on/remove a mask, gloves and an apron at the door.
4. Where possible we will maintain distancing.
5. At the end of the visit your therapist will dispose of their PPE in a plastic bag in the outside bin.
6. Your therapist will then clean any clinical equipment used with wipes once outside the house.
7. If the Physiotherapist believes that further PPE is required to undertake the session, the appointment will be postponed until the PPE is to hand and it is believed safe to continue. E.g - Eye protection during aerosol generating procedures/coughing.

New patients:

All new patient referrals will be asked a series of screening questions to be able to establish their current health status. This will include confirmation of symptoms, exposure to the virus, recent travel, contact with other health professionals or contact with hospitals.

Current patients:

It will be each therapist's responsibility to risk assess and screen their own caseload on arrival or prior to the sessions with a phone call. However, should circumstances change following the screening or booking, then we need to be notified as a priority so we can manage the process from then on. If there is any ambiguity, then to stay safe, we will be recommending to re-book in two weeks time to allow for any symptoms to pass.

Exercise classes are unfortunately not running at the moment and neither are many of the clinics in care homes. Once these are deemed safe to continue, we will of course notify you.

Should you have any queries relating to any of the content mentioned within this leaflet, then please do not hesitate to give us a call or drop us an email and we will be happy to explain as best we can. We are closely monitoring government guidelines so if any of the situations change then we will update our procedures.

Stay safe!

Adam & the Foundations Physios Team