

PK OSTEOPATHY

INFECTION CONTROL

The recent pandemic caused by a virus known as SARS-CoV-2, resulting in COVID-19 disease, has resulted in many changes in our everyday lives. It is currently understood that the virus spreads mainly through the respiratory tract/ inhalation of the virus, its deposition on exposed mucous membranes, and indirectly from contacting infected surfaces and then touching one's face/ mucous membranes. COVID-19 symptoms include fever, cough, fatigue, sputum production, shortness of breath, sore throat, loss of sensation of smell or taste. But this list isn't exhaustive and some may not develop any symptoms.

The UK rolled out a vaccination programme as one of its strategies to tackle the viral infection. But please note that some staff members as well as some patients attending our premises might not be vaccinated due to ineligibility, medical contraindications/ exemptions or personal preference.

I take the health of my patients seriously and have been reviewing risk assessment regularly. Therefore, as healthcare setting, strict safety measures remain in place.

What I am doing:

- I am monitoring my own health daily and the health of my household members
- I removed all soft furnishing from the clinic room and replaced them where possible with wipe-able surfaces, using only paper rolls for patients' comfort
- On arrival into the clinic I sanitise all surfaces in clinic and change into clean clinic attire
- I allow 15-30 minutes between every appointment to:
 - o sanitise all surfaces using recommended disinfectant
 - o air the room
- To improve air quality, when opening the window is not possible, I use an air purification system capturing 99.5% of ultra-fine particles as small as 0.003 µm, removing 99.9% bacteria and viruses (Philips Series 2 NanoProtect HEPA filter)
- I use apron as part of personal protective equipment - face masks are no longer required, but can be requested
- I wash hands and forearms before and after every patient
- Paper hand towels are in use when possible
- I use hand sanitiser throughout the appointment on touching surfaces during treatment
- Payments are preferred by card payments (bank transfers can be arranged for repeat appointments), but cash is also accepted
- I will open the door for you before entry & on exiting the clinic room
- If I develop any symptoms – all future appointments will be cancelled

What I am suggesting that patients do:

- Contact me to cancel your appointment if you are unwell
- Complete my online symptoms screening form before every appointment
- If this is a paediatric appointment, please ensure that you bring your baby in a sling or your arms as there is currently no storage place for a pram and the clinic is on the 1st floor
- Notify me at the time of booking the appointment if you or a household member are high risk or in the shielding group – extra precautions will take place, such as being offered the very first appointment on the day
- Bring socks for appointments as you will be asked to take your shoes off for examination

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- Give me advanced notice if you are bringing another person to the appointment with you, such as for support or a chaperone

*Please note that I am not in control of Sutherland Pharmacy's policy and how other people behave. Patients should consider the entry through the pharmacy as an unregulated public space. The toilets are part of the pharmacy.

All these precautions are designed to keep us all safe. I really appreciate your adherence to the above and thank you for your kind attention to this document. Should you have any questions, concerns or comments, please contact me directly.

Definitions:

1. high risk/ shielding group
 - a. People who have been diagnosed with and are receiving cancer treatment
 - b. People who had an organ transplant or require one
 - c. People with severe respiratory conditions
 - d. People with rare genetic diseases and inborn errors of metabolism
 - e. People who are immunosuppressed or on immunosuppression therapies
 - f. Pregnant women with significant heart disease

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Next review: under constant review

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