

## **COVID-19 consent to face-to-face appointment**

Pain Relief Physiotherapy follows all guidelines set out by their governing bodies in relation to keeping everyone as safe as possible during face-to-face appointments while the outbreak of COVID-19 continues.

This document highlights the safety measures that Pain Relief Physiotherapy has put into place in order that attending your physiotherapy appointment is as safe as possible. It also gives you the opportunity to discuss any concerns that you might have prior to attending an appointment in person. After you have read through the document and if you are happy to consent to commencing face-to-face physiotherapy care, please sign it and return it to: [hannah@painreliefphysio.co.uk](mailto:hannah@painreliefphysio.co.uk)

COVID-19 is a highly infectious respiratory disease. The disease was discovered in China in 2019 and has since spread around the world. The transmission of COVID-19 is thought to occur mainly through respiratory droplets generated by coughing and sneezing, and through contact with contaminated surfaces. Therefore, there is a risk of contracting the virus from attending a physiotherapy clinic setting. Social distancing will be adhered to as much as possible during your face-to-face appointment however it will not always be possible to maintain a 2-metre distance as physiotherapy assessment and treatment often involves touching the body.

Pain Relief Physiotherapy has put in place the below safety measures and requests in order that attending your appointment is as safe as possible. These are:

- Prior to attending the appointment, a health registration form will be required to be completed. If your medical history considers you to be vulnerable, then this will be discussed prior to you attending an appointment.
- A 5-minute health screening questionnaire will be conducted the day before your appointment. Please state the best phone number to be contacted on: \_\_\_\_\_
- If you feel unwell or have a temperature on the day of your appointment, please contact Pain Relief Physiotherapy on 07387755294 or [hannah@painreliefphysio.co.uk](mailto:hannah@painreliefphysio.co.uk)
- Please come to your appointment on your own.
- Please don't come early for your appointment as you may be asked to wait outside.
- On entering the practice, please wear a face covering. Face masks can be provided at the practice.
- On entering the practice, please sanitise your hands with the automatic dispenser at the front of the reception. More sanitiser will be available in the treatment room.
- The physiotherapist will meet you at reception wearing a sessional use fluid resistant Type IIR surgical facemask and a single use disposable plastic apron. If necessary, single use disposable latex free gloves will also be worn. PPE will be worn during all appointments.
- The physiotherapist will wash their hands before, during and after appointments.
- A 15-minute break is scheduled between clients to allow for cleaning and ventilation of the treatment room.

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PHYSIOTHERAPIST

- All contact surfaces such as doorhandles, chairs, treatment bed and equipment will be sanitised between use using Clinell wipes.
- The physiotherapist will contact you to cancel your appointment if they develop any signs of COVID-19.
- The physiotherapist has received two vaccinations and their booster injection and regularly performs self-tests at home.
- Your contact details may be used for contact tracing if required.

While Pain Relief Physiotherapy is doing its best to reduce the risk of the transmission of COVID-19 it is important to acknowledge that the risk cannot be eliminated.

If you have any questions about the above safety measures and requests, please do not hesitate to contact me on 07387755294 or [hannah@painreliefphysio.co.uk](mailto:hannah@painreliefphysio.co.uk).

Alternatively, if you are happy with the above safety measures and requests that have been put in place by Pain Relief Physiotherapy to prevent the transmission of COVID-19 and you are happy to consent to commencing face-to-face physiotherapy appointments please sign below.

Going forwards, each time you attend for a face-to-face appointment you will be asked to consent to the above but for future appointments, this consent may be verbal.

Signature:

Print name:

Date:

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