

Physiotherapy COVID-19 Patient Information

Nuffield Health continues to follow advice from Public Health England and the Chartered Society of Physiotherapy with regards to the appropriate response to offering clinical services.

How will physiotherapy be offered?

The clinical benefits of physiotherapy is recognised on improving individual's quality of life and therefore the importance of continuing to offer physiotherapy services during the times of COVID-19. Recognition is also given to ensure that the risks both to patients and staff members is minimised.

Therefore, as recommended by national guidelines the **default for the first outpatient physiotherapy treatment will currently always be via a remote/virtual model either completed over the phone or via secure video conferencing on the Nuffield Health My Therapy app**. The Physiotherapist will use the Nuffield Health physiotherapy "2 point F2F check" (as right); to complete a COVID-19 risk assessment and that valid informed consent has been gathered from you.

The 2 Point F2F Check

Only if a 2 point F2F check has been passed, should patients be booked in for F2F Physiotherapy.

- ✓ Risk assessment passed
- ✓ Consent of patient

Patient Self-Assessment

Please ensure that you continue to assess yourselves for COVID-19 risk and notify Nuffield Health if this changes.

1. Have you had symptoms* of Covid-19 within the last 14 days?
2. Have you come into close contact with a known or suspected case of Covid-19?

*Covid-19 symptoms

- a. A new continuous cough
- b. High temperature (of 37.8°C or higher)
- c. A loss of, or change in, normal sense of taste or smell (anosmia)

How will consent be gathered?

As per standard practice our Physiotherapists are use to gathering clinical informed consent. This has been enhanced due to COVID-19 to ensure you understand the risks and benefits and alternatives if face to face treatment is clinically indicated. We need to ensure that you feel appropriately informed before you make the decision with your Physiotherapist if you want to accept face-to-face treatment.

The Physiotherapist will discuss with you:

1. The mechanisms and risks of transmission and exposure
2. The nature of close patient contact during a physiotherapy consultation
3. The level of PPE that a clinician will be required to wear
4. The infection prevention and control measures that must be taken

If it is assessed you require a face-to-face appointment where will it be conducted?

During 'normal' times Nuffield Health offers physiotherapy at its hospitals, Fitness & Wellbeing Gyms and corporate locations. In addition, where we do not have a Nuffield Health site we use a network of independent physiotherapy clinics.

At many Nuffield Health sites which have been allowed to open follow Public Health England advice we will have a Physiotherapist who is spending some time providing face-to-face assessment and treatment. We have extensive guidelines in place to minimise risks to you such as:

- ✓ Following floor markings and instructions by the team to ensure social distancing
- ✓ Only coming into the building 3-5mins before your appointment is booked
- ✓ Allowing only yourself to come into the Nuffield Health building unless you require support from one family member due to your disability/rehabilitation needs
- ✓ Follow required hand sanitising procedures on entering and leaving as locally directed

Outside of Nuffield Health facilities we use a network of independent physiotherapy clinics and need to ensure that the risks to you are also minimised. As such we are continuing to carefully review those that we will allow face-to-face referrals. We will only allow those to be used were we have assurance that they are strictly following both Public Health England and the Chartered Society of Physiotherapy guidelines. If it is clinically indicated you require a face-to-face assessment but there is not a Nuffield Health site available the Physiotherapist will discuss through the risks of attending the clinic so that you can decide if you would like to attend.