

# COVID Guidelines to Return to Practice

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### START HERE



#### When are you returning to practice?

After reviewing guidance by the British Acupuncture Council (BACC) I am still not able to resume practice.

However, I can treat a patient who is considered 'urgent'. This is a case to case basis. E.G: a 'current' patient on the day of an IVF transfer with no COVID symptoms. This a time consuming process as I have to produce a clear written rationale prior to treating.



#### Do you have a waiting list?

Yes, I can now add you to a waiting list I will contact you as soon as I can by email to confirm a treatment date.



#### One Location ONLY

For this time I will be only available at 47 West Street. I have more control over the standards of COVID guidance I have to follow.



#### Online booking will be the quickest option

When the appointments open up you will have the option to book online. This is the best idea as my diary is in real time through the Jane App.



#### Payment for treatment

Bank transfer will be the only payment accepted until we reach a safer level.



#### Consent to treatment form

All existing patients will need to sign a COVID 19 information form before treatment resumes. A PDF will be made available for you to fill out.



### ON THE DAY OF YOUR TREATMENT



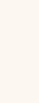
#### BEFORE YOU LEAVE YOUR HOUSE do you have:

**A high temperature?** this means you feel hot to touch on your chest or back. **A new, continuous cough?** this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. **Loss or change to your sense of smell or taste?**



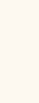
There is no late cancellation fee, please let me know you feel unwell.

#### FEELING WELL



#### Arriving for your treatment

Appointments will be spaced 15 minutes apart to provide time to clean the space fully. I will open the door for you to enter and close the door to minimise surface touch



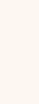
#### Steps to take once you enter the room

If you don't have a mask, one will be provided to you. You will be required to use hand gel to clean your hands with a touch free dispenser



#### Note Taking

We will still follow up on your progress maintaining as much social distancing as possible. If I need to see your tongue I will ask you to send me a picture. I will hold your hand and take your pulse as normal.



#### Use of Toilet

I would prefer not to open my space beyond the treatment room to access the toilet on the 1st floor, but I do understand if you have to go!



#### PPE for myself

My new uniform will consist of: a face mask, changed after each patient. A face shield or safety glasses. A change of uniform if I come into contact with any external bodily fluids. My hands will be washed with handsoap and water & sanitised with gel with alcohol content of 60%+



#### Cleaning Rationale

Blankets will be used once and washed in 60c Surafces are wiped down with antibacterial wipes Couch roll is single use All patients are asked to wear their mask out of the treatment and dispose of it in a bin



**If you fall into any of these groups it is up to both parties to make a decision on whether to treat or exclude you from practice based on your risk and vulnerability. Before a decision is made we will review any increased risks so that any decision made to attend is based on informed consent.**

**Anyone considered 'a clinically vulnerable person' could be:**

- Anyone aged 70 and older
- Anyone under 70 with an underlying health condition - that is, anyone instructed to get a flu jab as an adult each year on medical grounds
- Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease, such as hepatitis
- Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- Diabetes
- Weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets
- Being seriously overweight (a body mass index (BMI) of 40 or above)

**Extremely vulnerable:**

- Solid organ transplant recipients.
- People with specific cancers: a people with cancer who are undergoing active chemotherapy
- People with lung cancer who are undergoing radical radiotherapy
- People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
- People having immunotherapy or other continuing antibody treatments for cancer
- People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
- People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.
- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary (COPD).
- People with rare diseases that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
- People on immunosuppression therapies sufficient to significantly increase risk of infection.
- Women who are pregnant with significant heart disease, congenital or acquired.

**The following guidelines are provided by the BAcC on who I I cannot treat:**

Any person who currently exhibits any of the key symptoms of Covid-19 must be told to stay at home and not enter the practice until seven days after their high temperature has subsided. According to current NHS advice, this is defined as:

- High temperature: this means you feel hot to touch on your chest or back - you do not need to measure your temperature
- New, continuous cough: this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours - if you usually have a cough, it may be worse than usual
- Anosmia: lack of taste or smell (updated 18 May 2020)
- Any person who has had confirmed non-socially distanced contact with any person with a confirmed Covid-19 diagnosis or someone exhibiting any of the cardinal symptoms must also be physically excluded from your practice. This includes those that cohabit with symptomatic persons.
- Persons that live with others and are the first in the household to have symptoms of Covid-19 must stay at home for seven days. All other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.
- Persons who have recently travelled from abroad and are still in their designated quarantine period must be excluded from your practice.