

Ref. - Official Links

<https://www.rcn.org.uk/covid-19>

<https://www.fht.org.uk/news-item/fht-statement-on-coronavirus-covid-19>

<https://www.lymphoedema.org/images/pdf/COVID-19.pdf>

<https://www.nice.org.uk/covid-19>

Overview

FIRST LYMPH CARE is committed to ensuring client safety at all times. During this unprecedented time of the COVID -19 Pandemic it has been necessary to stop all face to face physical treatments. However as the R rate decreases we are now beginning to envision a future where clients can resume treatments here at First Lymph Care.

Corona Virus is an extremely contagious virus about which we are still learning.

This policy has been very carefully devised to ensure that First Lymph Care remains as safe and COVID –free environment as is possible.

Changes have been made to the treatment Room itself, to the way treatments may be administered and to procedures we will adopt and ask our clients to follow also.

This document will outline and explain what First Lymph Care has put in place to meet Safe Practice requirements. Recommendations and advice of , Health, Nursing and Complementary Therapy bodies have been followed and Sue Hansard has completed online COVID 19 training.

Please note that due to distancing measures, only the client will be allowed to enter the treatment room.

If you are accompanied, your companion will need to stay in the car.

First Lymph Care Clinic Changes

1. Room deep cleaned, re-painted.
2. All equipment re sanitised
3. Minimal soft furnishings (to reduce infection risk)
4. Disposable cups for drinking water.... But preferably clients to supply own bottled water.
5. Hand sanitiser for arrival and leaving.
6. Clients required to bring own hosiery applicators.
7. *Changed access point: This will now be via our side gate, to our back do*or/patio door directly into treatment room.**.

As before ALL linen is single patient use and is washed at 60 c
Disposable couch coverings as before.
Disposable covering on clients seating.

Clinician Changes

FIRST LYMPH CAREi

1. Clinician will change uniform after every client.
2. Gloves will be worn
3. Face mask and or visor will be used.
4. As always Handwashing and disinfection will be priority.

Q1. How will my appointment change?

1. PRE APPOINTMENT SCREENING

You will be asked to notify FIRST LYMPH CARE , the day before your appointment that you are COVID 19 RISK FREE.

This means that you can answer NO to the following questions:

Do you have any COVID 19 symptoms?
Have you been in close contact with someone with COVID 19 ?
Have you tested positive for COVID19 ?
Do you have a temperature?
Have you been asked to SHEILD for any reason?
and
Can you confirm that you have been socially distancing ?

On the DAY OF YOUR APPOINTMENT, Sue will text/phone you and ask the same questions again. If there is any doubt she will defer your appointment.

Likewise if Sue knows of any potential risk on her part regarding COVID 19. She will notify all clients and will self isolate.

Q2. WHAT WILL HAPPEN AT MY APPOINTMENT?

When you arrive please ring the doorbell
Then go to the wrought iron gate on the right, it will be unlocked.
Walk down the side footpath
Sue will meet you at the back door or Treatment room door.
Sue will open/close the door
You will be asked to put on your face covering
You will be asked to use hand sanitiser
A box will be provided to put your clothing in.

Q3. Will my treatment be different?

Sue will wear gloves and mask to assess and treat you and may use Deep Oscillation if indicated.
If you need facial treatment, Sue will wear a visor also.
Head and neck relaxation techniques will NOT be used at the end of treatments.
If you are receiving back massage, you may find this comfier if you lie on your side instead.
What about my compression hosiery?
It is most effective if you reapply compression after a treatment.
Please bring your own applicator and rubber gloves for this.

Q4. What happens after a treatment ?

It is still vital that you keep hydrated after a treatment.

Please bring a bottle of water with you.

Before and after handling money for payment, please use the sanitiser and use again before you leave.

Sue will open doors and gate.

TOILET FACILITIES

There is a separate WC with hand wash basin available for clients.

AFTER YOUR VISIT

The room and equipment will be thoroughly disinfected and all linen and coverings replaced. It will then be ventilated well prior to the next client.

Q5. FURTHER QUESTIONS?

If you have any concerns or require further advice, please contact me by phone, email, text (See page top).