



Infection risk assessment and mitigation policy

This document provides a written record of the heightened infection control measures that this clinic has put into place to ensure the safety of all staff and patients during and post the COVID-19 pandemic. This will be reviewed if and when guidance changes.

Risk Assessment			
Undertaken a risk assessment	11 th May 2020 - This will be reviewed in light of any change of Government guidance.		
Reviewed and updated	19/05/20	17/08/21	20/01/23
	03/06/20	23/09/21	20/07/23
	29/06/20	21/10/21	
	07/08/20	30/11/21	
	13/01/21	12/01/21	
	13/05/21	03/03/22	
	16/05/21	08/06/22	

We have assessed our practice for risks outlined and put in additional processes as detailed below

<p>Heightened cleaning regimes</p>	<ul style="list-style-type: none"> • Regular room airing and cleaning is to be encouraged after each shift • High contact areas and clinic rooms will be cleaned regularly. • Signs in all public areas re handwashing. • Separate cleaning materials in each treatment room and reception • Airing the treatment room in between each shift – opening doors and windows • Air purifiers to be used in both treatment rooms • Common areas will be cleaned/sanitised frequently • Waterproof pillows provided
<p>Increased protection measures</p>	<ul style="list-style-type: none"> • Easy to clean waterproof pillow slips and plinth covers provided. • Health screening survey to triage for current health status, emailed 24 hours prior to appointment. • New patients emailed general information including asking them to notify us of any underlying medical conditions prior to appointment to highlight any need for greater precautions. Increased protection measures may include Immunocompromised patients may opt for video call first or shorter contact time. Practitioners to lateral flow prior to appt, > time airing and cleaning prior to vulnerable patients visits, ensuring no contact with other patients in waiting area. Mask wearing type2 fluid resistant or FFP2 recommended. Advised to pay remotely rather than spending time in reception. • A cough screen has been installed for the reception desk area and the reception area rearranged to ensure patient and staff safety. • Cashless and online payments still encouraged along with online bookings. • Clinicians continuing to risk assess individual patients regarding the need for face masks or extra precautions. • Patients encouraged to reschedule if unwell with respiratory illness/rashes/vomiting and diarrhoea • Practitioners to lateral flow if feeling unwell with cough/ cold like symptoms and patients encourage to do the same if mild/ resolving resp illness. Practitioner discretion to be utilized if unsure.
<p>Put in place distancing measures</p>	<ul style="list-style-type: none"> • Social distancing encouraged in waiting area. • Treatment rooms continue to be arranged to encourage social distancing. • Online self check in activated. • Reception desk protected by a sneeze screen

Staff training	<ul style="list-style-type: none"> • Correct hand washing/hand rubbing technique. • Donning/doffing PPE correctly and safely. • Staff briefed and trained on updated clinic policies and infection measures currently advised by Public Health England. • Staff included in and fully briefed on this policy.
Providing remote/ Telehealth consultations	<ul style="list-style-type: none"> • Our new patient general information email will ask patients to notify us if they have any significant health concerns. • Health screening questionnaire and acceptance to be automatically sent to every patient 24 hours prior to their appointment, face to face to be swapped to Telehealth if needed. • Follow-up/maintenance appointments available via telephone/video call as well as face to face.
Testing	<ul style="list-style-type: none"> • Staff encouraged to take a lateral flow test if they have Covid symptoms, feel unwell, have had close contact with a positive case or a household member has tested positive • All staff are encouraged to be vaccinated.

Table 2a. Protection of staff and patients before they visit, and when in, the clinic
We have assessed the following areas of risk in our practice and put in place the following precautions

	Description of risk	Mitigating action	When introduced/ reassessed
Pre-screening for risk before public/patients visit the clinic	Patient vulnerability and risk of transmission of Covid 19 symptoms person to person	<ul style="list-style-type: none"> • Our new patient general information email will ask patients to notify us of any significant health issues. • Inform the patient that they will receive an email 24 hours prior to their appointment to assess their current health. • Options for Telehealth to be offered if symptoms are present or contact status has changed. • Health and safety protocols available on our website 	20/01/23
Protecting members of staff	Risk of transmission of Covid 19 symptoms Person to person	<ul style="list-style-type: none"> • Staff have been asked if they or a member of their household are considered to be vulnerable. Individual preferences continue to be available to staff eg. Option to mask wear/ PPE supplied. • PPE is available to staff, (practitioners to supply their own personal preference of gloves, if using). See table 3 below. 	08/06/22

<p>Confirmed cases of COVID 19 amongst staff or patients.</p>	<p>Risk of transmission of Covid 19 symptoms person to person</p>	<ul style="list-style-type: none"> • If a staff member develops symptoms they should organize an immediate Lateral flow test. • If positive, self isolate and start to test on day 5. Return to work may resume if 2 negative LFT's 24 hours apart on days 5 and 6. • If negative they can attend work if well enough and do not have a high temperature • If a staff members immediate household has symptoms or tests positive the staff member should voluntarily lateral flow test as a precaution on any days whilst at work for 10 days. • Consider individual patients vulnerability and risk , if high to inform them of situation and offer choice to reschedule. • Consider extra room ventilation, and wear a FFP2/KN95 mask for 5 days. • If a patient has a household member who has tested positive, general advice is to take a LFT. Consult the practitioner and if the practitioner is happy advise that both parties wear a mask. This is at the practitioners discretion. • If a patient has mild or resolving cold like symptoms, we would advise a lateral flow test on the day of the appointment if possible and suggest wearing a mask. If they have a heavy cold, advise they reschedule the appointment to the following week. • If they have been in close contact with a known positive case and have no symptoms ask them to do a lateral flow on the morning of the appointment if possible and advise them to wear a mask. If they have any symptoms, reschedule. • If they have high temperature or loss of taste/smell or cough ask them to reschedule after 7days and advise to lateral flow on the morning of the appointment. 	<p>20/01/23</p>
<p>Entering and exiting the building</p>	<p>Risk of transmission of Covid 19 symptoms person to person</p>	<ul style="list-style-type: none"> • Patients are encouraged to comply with social distancing • Patients will be encouraged to sanitise their hands upon arrival. 	<p>20/01/23</p>
<p>Reception and common areas</p>	<p>Risk of transmission of Covid 19 symptoms person to person</p>	<ul style="list-style-type: none"> • Patients are encouraged to comply with social distancing. • Patients will be encouraged to pay by contactless or online. • A sneeze screen has been put in place at the reception desk. 	<p>20/01/23</p>

Social/physical distancing measures in place	Risk of transmission of Covid 19 symptoms person to person	<ul style="list-style-type: none"> • Waiting area chairs reduced in number and spaced out into waiting area and entrance corridor. 	20/01/23
Face to face consultations (in-clinic room)	Risk of transmission of Covid 19 symptoms person to person	<ul style="list-style-type: none"> • Increased spacing between practitioners and the patient to encourage social distancing when taking a case history. 	20/01/23

Table 2b. Hygiene measures

We have assessed the following areas of risk in our practice and put in place the following heightened hygiene measures

	Description of risk	Mitigating action	When introduced
Increased sanitisation and cleaning	Risk of transmission of Covid 19 symptoms From inanimate surfaces	<ul style="list-style-type: none"> • Clinic rooms - plinths, desk, door handles, equipment chairs to be cleaned regularly. • Reception surfaces, door handles, chairs, entrance hand rail and card machine • Continuing use of plastic pillows and pillowcases that can be cleaned between patients. • Main doors will be left open when possible, to minimise contact with hard surfaces 	20/01/23
Aeration of rooms	Risk of aerosol transmission of Covid 19 symptoms	<ul style="list-style-type: none"> • Regularly ventilating the rooms by opening doors and windows along with the use of air purifiers. • Main entrance door will remain open when possible 	20/01/23
Staff hand hygiene measures	Risk of transmission of Covid 19 symptoms Person to person	<ul style="list-style-type: none"> • Practitioners are to be bare below the elbow • Hand washing before and after patients with soap and water for at least 20 seconds, including forearms/use of hand sanitiser gel 	20/01/23
Respiratory and cough hygiene	Risk of aerosol and droplet transmission of Covid 19 symptoms	<ul style="list-style-type: none"> • 'Catch it, bin it, kill it' posters placed in practice • Provision of single use tissues • Hand hygiene facilities available for patients, visitors, and staff in the form of hand sanitiser and washing facilities • Masks supplied for practitioners and patients when needed as per risk assessment. • Patients to have option of wearing face covering for their time in the building. 	20/01/23
Cleaning rota/regimes	Risk of transmission of Covid 19 symptoms Via inanimate surfaces	<ul style="list-style-type: none"> • Cleaning and frequent inspection of washrooms 	01/06/20

Table 3. Personal Protective Equipment:

Practitioners PPE	<ul style="list-style-type: none"> • PPE no longer compulsory. Practitioners may choose to wear fluid-resistant surgical masks (IIR grade) (or a visor if a patient is hard of hearing) single-use nitrile gloves, and disposable plastic aprons if preferred by the patient or clinician. Risks to be discussed with individual patients.
When will PPE be replaced	<ul style="list-style-type: none"> • When potentially contaminated, damaged, damp, or difficult to breathe through • Gloves and aprons will be disposed of after each patient
Reception staff will wear the following PPE	<ul style="list-style-type: none"> • No longer compulsory but supplied if preferred.
Patients will be asked to wear the following PPE	<ul style="list-style-type: none"> • Masks supplied for patients/practitioners who require/prefer them.

Table 4. Communicating with patients: Measures that we have taken to ensure patient safety and the policies that have been put in place in our clinic

Publishing your updated clinic policy	<ul style="list-style-type: none"> • Policy will be available on our website • Hard copies available on request
Information for patients displayed in the clinic	<ul style="list-style-type: none"> • Notices advising of current mask wearing policy • Notices on hand washing/sanitising/Catch-it, bin it kill • QR code and self check in activated for patients