

CASTLE PHYSIOTHERAPY LTD
SALLY DUFTY MCSP SRP
CHARTERED & STATE REGISTERED PHYSIOTHERAPIST

Risk Assessment Sheet

State the identified risk	Covid-19 is a new illness that can affect your lungs and airways. It is caused by a virus called Coronavirus. Symptoms can be mild, moderate, severe or fatal.
Give the date for when the risk was identified	February 2020
List the possible consequences of the risk	Transmission of COVID19 infection to patients attending the clinic. Transmission of COVID19 to employees -physiotherapist Transmission of COVID19 to cleaning contractors Transmission of COVID19 to persons attending the clinic – visitors and other professional staff using the room/s.
Has an incident already occurred because of the risk?	No
If yes, then write the number from the accident book	N/A
State if it is either possible	Reduce the risk

to eliminate or reduce the risk	
If you cannot eliminate it, state the reasons why	COVID-19 is a novel virus and an ongoing pandemic until a vaccine can be found or the incidence of UK infections is reduced to zero.
State the immediate action taken to eliminate or reduce the risk	<p>Infection Control Policy reviewed and ensured that it was fit for purpose and being adhered to.</p> <p>Patients screened over the phone prior to attending clinic to ensure that they were not suffering from symptoms of Covid-19 or had come into contact with Covid-19.</p> <p>Patients given strict guidance on handwashing and hand sanitisation procedures on entering and leaving the clinic.</p> <p>Patients deemed vulnerable due to age and pre-existing conditions were advised to cancel for any non-urgent treatment.</p>

	<p>Patients advised to come alone and directly to the clinic rather than via shops or work.</p> <p>Clinic appointment times adjusted to allow time for cleaning and maintain social distancing. Patients requested not to arrive early for appointments, or to wait in their car.</p>
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	<p>Literature and magazines removed from waiting areas.</p> <p>We may leave the sky window open in the clinic, to improve ventilation. Regular cleaning of door handles to reduce contamination .</p>
<p>Date when this immediate action was undertaken</p>	<p>9th March</p>
<p>State the planned action to eliminate or reduce the risk in the future</p>	<ul style="list-style-type: none"> • Clinic temporarily closed in line with government and Chartered Society of Physiotherapy advice on March 25th 2020. • From March 25th 2020, patient assessments, treatment and advice done remotely over video link calls. • Initially, Face-to-face contacts will be limited to potential red flag conditions that need urgent face to face assessment, but only offered with relevant PPE . • Aim to purchase relevant PPE by June 10th, to use in any face to face contacts, where social distancing cannot be done. • All hard surfaces and clinic equipment and contact surfaces will be sterilised with appropriate cleaner prior to re-opening. This will be done frequently in the day, between patients and at

the end of the day.

- As the clinic room is occupied by a sole practitioner, this minimises the risks of cross contamination.
- New wipeable clinic pillows and chair covers purchased.

- A plastic container purchased for patients to put their clothes in, which can be sanitised between uses.
- The COSH guidelines for the sanitiser/cleaner used for sanitising hard surfaces, chairs and treatment couch have been downloaded and are available as an electronic copy or as a hard copy on request.
- Once the lockdown restriction is partially or fully lifted, some patients may be seen at the clinic, provided a risk assessment has been done to demonstrate:
 - o A patient hasn't currently got COVID-19
 - o A patient hasn't had symptoms of COVID-19 within the last 14-days
 - o A patient hasn't been in contact with someone else with symptoms of COVID-19.
 - o They are not patients who are classed as

vulnerable, shielding or who should be self-isolating.
o They have a condition that a virtual/remote video assessment/treatment is not appropriate and that if not seen, would likely seek a GP a hospital appointment or would deteriorate physically or mentally requiring a GP a hospital appointment.

- A pre-screening questionnaire to be completed before or when attending the clinic to the above risk assessment has been completed.
- A new clinic procedure will be developed to outline what precautions are being taken to protect our patients and staff.
- The clinic reserves the right to refuse face-to-face contact where appropriate. In such cases, a virtual, remote video assessment, treatment and advice will be offered.
- At patient screening , it will be explained so that the patient understands both their role and the therapist role for attending the clinic for a face-to-face appointment.

- A patient disclaimer signed to ensure patient understands and is compliant with the clinic procedure and consents to attending a face to face appointment.
- On arrival to the clinic, we may ask our patients

consent to take their temperature with a contactless thermometer, to check the patient hasn't got a fever. The temperature will be noted on the patient notes. Whilst this doesn't diagnose COVID-19, it helps mitigate risk.

- Hand Washing

- o Hand washing facilities with soap and water in place.
- o Stringent hand washing taking place.
- o See hand washing guidance.

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

- o Drying of hands with disposable paper towels.
- o <https://www.nursingtimes.net/news/research-and-innovation/paper-towels-much-more-effective-at-removing-viruses-than-hand-dryers-17-04-2020/>

- o Public Health guidance on the use of PPE

(personal protective equipment) to protect against COVID-19 relates to health care settings.

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe>

- PPE will be bagged and left 72 hours before leaving for collection
- In all other settings individuals are asked to observe social distancing measures and practice good

hand hygiene behaviours.

- Social Distancing where possible by
 - o altering the chairs in the waiting room,
 - o reviewing appointment times,
 - o changes of therapist/patient positions during the assessment.
 - o Redesigning processes to ensure social distancing in place.

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

- Mitigating face to face contact by:
 - o Increasing the frequency of hand washing and surface cleaning
 - o Keeping the activity time involved as short as possible
 - o Using back-to-back or side-to-side or back to front working (rather than face-to-face) whenever possible
 - o Wearing appropriate face visor/goggles and mask when face to face cannot be avoided
 - o Reducing the number of people attending clinic in a day
- Familiarising oneself and keeping up to date with Chartered Society Physiotherapy, Physio First and

	<p>Public Health England guidance regarding Covid-19.</p> <ul style="list-style-type: none"> o https://www.csp.org.uk/news/coronavirus o https://www.physiofirst.org.uk/resources/coronavirus-covid-19.html o https://www.gov.uk/government/collections/wuhan-novel-coronavirus <ul style="list-style-type: none"> • If and when the NHS Contact Tracer App becomes available, Castle physiotherapy will use it and encourage patients to use it. • If advised that if a patient has developed Covid-19 and were recently on our premises, Sally Dufty, Clinical Director, will contact the Public Health Authority or Chartered Society of Physiotherapy, to discuss the case, identify people who have been in contact with them and will take advice on any actions or precautions that should be taken.
<p>Give the date for when this action is to be carried out</p>	<p>May 17th and ongoing reviews following any industry or government updates.</p>

<p>Give the date for when it was actually completed</p>	<p>Before reopening and ongoing reviews</p>
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Give the date for when the risk will be reviewed

Ongoing daily/weekly reviews until the Covid-19 risk is reduced sufficiently to reduce.

Full Name:

Signature: Date: