



Covid 19 – Self Risk Assessment

As a result of changes in Government advice leading to increased social contact and recommendations from our Professional bodies, screening before your appointment will now be required as part of an assessment to reduce risk to clients and staff. Every effort is being made to reduce any risk associated with the current pandemic. These include:-

1. Increased time allowed between clients to reduce social contact
2. Thorough cleaning with disinfectant of treatment rooms and communal areas between each client
3. Use of appropriate PPE where indicated
4. Use of video consultations where appropriate
5. Staff screening for temperature and other symptoms

To help you and us assess risks and appropriateness of your appointment please take a moment to consider the following questions. If you have answered YES to any of the question below please discuss this with you Physiotherapist

1. Your Health

Considering your general health are there any reasons you might be placed in an 'at risk' group (e.g. diabetes, asthma, ongoing treatment for other medical conditions)

2. Requirement of essential treatment

Essential treatment is required when your condition is affecting your general health, your sleep pattern, preventing you from undertaking your work or daily routine unimpeded or if your condition is causing you severe pain. It is also when your condition, if left, could become chronic (increasing the need for long term ongoing treatment) or become irreversible.

3. Transport to and from the clinic

When considering your transport to and from the clinic, are you placing yourself a greater risk of coming into contact with other members of the public, thereby increasing the potential to catch or pass on any bacteria or viruses.

4. Face to Face or Video Consultation

Does your condition require a face to face appointment or can this be done just as effectively via a video consultation (e.g. instruction and correction of exercises can just as easily be done via video whereas a joint manipulation cannot)

5. PPE requirement

When considering your attendance at the clinic with reference to therapist/client contact and your general health, should you be wearing appropriate levels of PPE (facemasks, gloves etc). Where appropriate staff will wear facemasks, gloves and plastic aprons.

6. History of exposure, infection and testing for Covid 19

When considering potential or actual exposure to Covid 19, is it likely that you have come into contact with other member of the public or your family that have been diagnosed with Covid 19, have you had a positive diagnosis/test or if you have been out of the country in the past 14 days

7. Self isolation and contact with others

When considering question 6 have you self isolated or had significant and prolonged contact with other members of the public in the past 3 weeks (excluding individuals you share a household with)

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