

Covid 19 Information Leaflet

Pelvic & Breast Health Physiotherapy

What has changed due to COVID 19?

Covid-19 is still present, and still life threatening to both patients and therapists.

Currently, for the majority of patients, the clinical need for physiotherapy will be deemed greater than the risk of contracting Covid 19.

Virtual video appointments are available, these will be discussed as an option if your therapist feels it is preferable for you to receive care virtually . These can be booked online as your initial appointment if you would prefer

Your physiotherapist will assess during your appointment that you will benefit from a face to face appointment and are appropriate to be seen.

What is the risk?

We have completed a thorough risk assessment in line with government guidelines and have made many changes to the way in which we operate in order to reduce the risk.

Whilst these changes will help the service run as smoothly as possible for patients and staff, it remains the case that any face to face contact within 2 metres does increase the risk of transmission.

Before you attend

The following are designed to help keep you and our staff as safe as possible:

- You will need to complete a Screening and Consent Form before each appointment
- Please attend on your own where possible
- If you do need to bring a chaperone, they will need to be screened as well
- Please bring minimal personal belongings with you
- Please bring your own bottle of water
- Please arrive on time for your appointment
- Please do not attend if you feel unwell, or if you have tested positive for covid in the past 10 days. Inform pelvic health physio as soon as possible and we will rearrange your appointment

Our staff are completing twice weekly asymptomatic lateral flow testing (LFT), in addition to this we are also testing if we feel unwell. We will cancel clinics if we test positive, and will not see any patients face-to-face until at least day 6 & after two consecutive days of negative LFT.

When you arrive

- We will be wearing a surgical facemask throughout your treatment
- We prefer that you wear a face mask, unless medically exempt
- We will take your temperature when you arrive, and if higher than 37.8 we will not be able to see you. If you bring a chaperone they will need to have their temperature checked too
- You will asked to use hand sanitiser on arrival and on departure
- We will ensure social distancing where possible