



THE ACUPUNCTURE LOUNGE

..... *garstang*

COVID-19 Safety Measures

New Patients:

All Free Can Acupuncture Help Me Consultations (optional appointment for new patients) and Comprehensive Diagnostic Consultations (compulsory appointment for new patients) will be carried out online.

The Day Before Your Appointment:

A Covid-19 Screening & Declaration Form must be completed before EACH appointment.

The Day Of Your Acupuncture Appointment:

- Please bring a drink of water - I am unable to provide refreshments.
- Please arrive to your appointment on time, not too early and please don't be late.
- Please park on my drive and wait in your car.
- I will give you a call on your mobile phone - please ensure you have it on the day.
- We will have a chat about how you are feeling that day, plans and instructions for treatment.
- Once our conversation has finished pop on your mask - this is mandatory.
- Whilst you are still in your car I will come outside and do some COVID-19 checks, this involves taking your temperature using a contactless thermometer and potentially measuring your oxygen levels.
- If they are ok, you will come into the house sanitising your hands and entering the treatment room. Please wear loose accessible clothing or bring your own clean towel (in a bag) if you would prefer to be undressed and covered during your treatment.
- Once in the room get yourself onto the bed, and buzz me when you are ready.

- I will come into the treatment room. I will be wearing full PPE - face mask, visor and a disposable apron which will be changed between each patient.
- Your wrists will be cleaned before pulses are taken
- Contact time will be limited to 15 minutes to carry out acupuncture, you will then be left to relax in the room alone (with a buzzer)
- Post treatment you will get dressed, buzz me to let me know you are ready and I will see you out, you will sanitise your hands as you go.

Hygiene & Safety Measures:

The treatment couch has a wipeable cover and I also use disposable couch roll. I have wipeable medical pillows. All surfaces including the floor are wipeable. I will be allowing a 30 minute gap between patients to sanitise, mop and air the rooms patients have used.

The treatment room, entrance hall and toilet will be fully sanitised at the end of each clinic day.

Mask Wearing:

It is a mandatory requirement for masks to be worn by patients. Please wear a new (or clean if reusable) good quality mask, preferably an IIR surgical mask (they are fluid resistant) or a K95 mask. Please remember I wear a mask to protect you, you wear a mask to protect me. If you do not have a mask I will be able to provide you with an IIR surgical grade mask and there will be a £1 charge.

If you have a medical reason not to wear a mask please do let me know prior to your appointment.

Sickness:

If you or anybody in your household has any symptoms of COVID-19 please cancel your appointment. Symptoms of COVID-19 include but are not limited to:

- **A fever in the last 10 days**
- **A persistent dry cough (coughing a lot, for more than an hour, 3 or more coughing episodes in 24 hours or worsening of a pre-existing cough)**
- **Loss in taste and/or smell**

If you have these symptoms, however mild, you and your entire family should stay at home for 14 days. Please see Government advice [here](#).

Clinically Vulnerable Patients:

People in this category of risk include:

1. Anyone aged 70 and older (regardless of medical conditions)
2. Anyone under 70 with an underlying health condition (that is, anyone instructed to get a flu jab as an adult each year on medical grounds) – such as:
 - Chronic (long-term) mild to moderate respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - Chronic heart disease, such as heart failure
 - Chronic kidney disease
 - Chronic liver disease, such as hepatitis
 - Chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - Diabetes
 - A weakened immune system as the result of conditions such as HIV and AIDS, or medicines (such as steroid tablets)
 - Being seriously overweight (a body mass index (BMI) of 40 or above)
 - Pregnant women

Clinically Extremely Vulnerable Patients:

People in this category of risk include:

1. Solid organ transplant recipients.
2. People with specific cancers:
 - People with cancer who are undergoing active chemotherapy
 - People with lung cancer who are undergoing radical radiotherapy
 - People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
 - People having immunotherapy or other continuing antibody treatments for cancer
 - People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors

3. People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe chronic obstructive pulmonary disease (COPD).
4. People with rare diseases that significantly increase the risk of infections (such as severe combined immunodeficiency (SCID), homozygous sickle cell).
5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
6. Women who are pregnant with significant heart disease, congenital or acquired.
7. Other people have also been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of their needs. GPs and hospital clinicians have been provided with guidance to support these decisions.

More information about who has been classed as clinically extremely vulnerable is available on the NHS Digital website - <https://digital.nhs.uk/coronavirus/shielded-patient-list>

If you are classed as vulnerable or extremely vulnerable and would like treatment please contact me, this will be discussed on an individual basis.

Test & Trace:

There is a government test and trace poster on display in the treatment room with a QR code. Upon arrival patients will scan the code with their phone (open camera, hover over the code and follow the instruction on the screen).

Before every appointment patients will be required to fill out a COVID-19 Screening & Declaration Form. This will be emailed to you 24 hours prior to your appointment.

In the eventuality that I, Emma Kemp become symptomatic within 48 hours of having close contact with you during your appointment and I later test positive for COVID-19, I am required by law to provide your details to the test, track and trace service. These details include your name, contact number, date of visit and arrival and departure time.

Please see the test & Trace section of our privacy policy for details of recording patient details and how we use your information.

Further Updates:

I will be monitoring the situation closely, keeping up with the advice from The World Health Organisation, Public Health England and The Government. Your health, safety and well-being as well as my own and our families is paramount and I will keep you informed if I need to make any changes in the way I am working.

