

THIS IMPORTANT INFORMATION IS FOR PATIENTS PRIOR TO COMING FOR AN APPOINTMENT

1. It is your responsibility not to come to the practice for an appointment if you have any of the symptoms listed below or if you have come into contact with anyone with these symptoms within the last fourteen days. **We are required to phone you within 24 hours of your appointment to confirm that this is the case.**

- **A new persistent cough:** This means coughing continually for an hour or more having 2 or more coughing episodes in any 24 hour period.
- **A fever:** This means having a temperature over 37.8 Having a hot chest or back or having spells warm /cold and shivery.
- **Shortness of breath:** this means searching for air when just doing normal every day things.
- **Additional symptoms include:** Loss of smell or taste, any vomiting/diarrhoea

2. Please ensure you provide us with an up to date telephone number for us to call you the day prior to your treatment.

3. Please consider bringing a face mask and towel / throw (for warmth) to your appointment

4. When you are at the front door please use the hand sanitiser provided **prior** to ringing the front door bell, (which will be cleaned after your appointment). Your osteopath may well be waiting for you at the door anyway.

5. Once in reception, your temperature will be taken with an infrared thermometer, assuming your temperature is normal, you will be asked to sign a form saying you have read this sheet and consent to treatment under these conditions.

6. If all goes to plan you will not see or come into contact with another patient. You will only come into contact with your osteopath. We have spaced our treatment room to maintain social distancing during the consultation, before your treatment.

7. After treatment if you require further treatment this can be booked at the time. The treatment fee for existing patients has increased to £43, for the time being, we are requesting you try to pay by card or BACS transfer.

Other things you should know are that:

- Nimble staff are ensuring their own health and taking their temperature each morning.
- After each treatment the plinth, all hard surfaces and door handles will be cleaned. No towelling sheets will be used.
- Each treatment room will be ventilated for at least 15 minutes before it is next used.
- All coverings for plinths and the gloves and aprons worn by the osteopaths will be changed after each treatment and disposed of.
- Osteopaths will be operating with strict hand washing procedures.

THIS IS A DUPLICATE OF THE FORM WE WILL BE ASKING YOU TO COMPLETE ON ARRIVAL AT THE CLINIC FOR THE FIRST TIME, YOU DO NOT NEED TO PRINT

You are being asked to complete this pre treatment assessment during the pandemic of Covid-19 to help protect yours and our safety at this time. Covid-19 is thought to be transmitted through airborne particles and as such, face to face treatment during this outbreak comes with a risk to your health. We need to ensure that you do not carry any elevated risk and that you are healthy enough to withstand the known risk. Please note, you can view all of our updated health and hygiene changes online at www.nimbleosteopathy.co.uk. Please also note that your osteopath will be wearing a form of Personal Protective Equipment (PPE). Please answer the following questions as honestly as possible.

- 1) How is your health today ?
- 2) Have you had a test for Covid 19: **Y** / **N**
- 3) Have you or anyone in your household been ill with suspected CV-19 **Y** / **N**
if **Y** (please explain)
- 4) Have you or anyone else in your household had **ANY** illness in the last 7 days? **Y** / **N**
if **Y** (please explain)
- 5) Have you or anyone in your household received a letter from the government asking you / them to shield during the Covid 19 pandemic?: **Y** / **N**
If **Y**, please explain.....
- 6) Have you been socialising with anyone outside your own household: **Y** / **N**
If **Y**, please explain.....
- 7) Are you working as a **Key Worker**: **Y** / **N** (Role).....
- 8) Have you travelled abroad in the last 2 weeks: **Y** / **N** (If yes, where?.....)
- 9) Have you or anyone in your household been contacted by TRACK AND TRACE and asked to self isolate within the last 2 weeks? **Y** / **N**

The transmission of Covid-19 is still poorly understood and having face to face treatment during this time may carry a risk to your health. By signing this document you are agreeing that you have been made aware and that you understand the risk associated with face to face treatment at this time and that you are happy to proceed.

Signed: Dated:

PRINT NAME: