

# Adapting practice: Infection risk assessment and mitigation policy



**This document provides a written record of the heightened infection control measures that this clinic has put into place to ensure the safety of all staff and patients during COVID-19 and thereafter.**

We have assessed our practice for risks outlined and put in additional processes as detailed below

<b>Undertaken a risk assessment</b>	<ul style="list-style-type: none"> <li>• <i>21.09.2022 – replacing previous risk assessment of 03.02.2022. Instigated with relaxation of all COVID 19 restrictions</i></li> </ul>
<b>Heightened cleaning regimes</b>	<ul style="list-style-type: none"> <li>• <i>Bathroom will be cleaned after every usage where possible</i></li> <li>• <i>Carpeted areas will be steam cleaned daily</i></li> </ul>
<b>Increased protection measures</b>	<ul style="list-style-type: none"> <li>• <i>Removal of towels and fabric plinth covering and pillowcases from bathroom and clinic room</i></li> <li>• <i>Contactless and BACS payment preferred</i></li> </ul>
<b>Put in place distancing measures</b>	<ul style="list-style-type: none"> <li>• <i>Appointments every 45 minutes, allowing airing and cleaning between patients</i></li> <li>• <i>Chairs placed 2m apart in waiting room</i></li> </ul>
<b>Staff training</b>	<ul style="list-style-type: none"> <li>• <i>We are aware of correct handwashing technique best practice,</i></li> <li>• <i>Putting on &amp; removal of PPE safely</i></li> <li>• <i>We compiled updated clinic policies and infection measures together</i></li> </ul>
<b>Providing pre-screening telephone calls and advice remotely where prudent</b>	<ul style="list-style-type: none"> <li>• <i>All patients will have telephone pre-screening call</i></li> </ul>
	Document last updated: 21.09.2022

Table 2a. Protection of staff and patients before they visit, and when in, the clinic. We have assessed the following areas of risk in our practice and put in place the following precautions to			
	Description of risk	Mitigating action	When introduced
Pre-screening for risk before public/patients visit the clinic	Exposure to COVID with inherent risk of developing the illness ourselves, spread to family members, patients and any person entering the house	The following will be applied to patients and their chaperone if applicable - <ul style="list-style-type: none"> <li>• screening for additional respiratory symptoms or conditions e.g. hay fever, asthmas etc</li> <li>• Screen to see if a member of their household had/has symptoms of COVID-19</li> <li>• Have they been in contact with someone with suspected/confirmed COVID-19 in last 7days?</li> </ul>	21.09.2022
Protecting members of staff	If shielding a vulnerable member of our respective households there is risk of exposure to COVID-19	Neither Lynette or Clover fall into this category	
Confirmed cases of COVID 19 amongst staff or patients?	Risk of exposure to osteopath treating that patient, patients entering the clinic, members of their households	<ul style="list-style-type: none"> <li>• If the patient experiences symptoms within 2/3 days of visiting the clinic, any staff with direct contact to that individual should request a <u>lateral flow test</u></li> </ul>	
Travel to and from the clinic	Public transport/taxi – risk of exposure	<ul style="list-style-type: none"> <li>• We shall ask patients to stay in their car or wait until they see the previous patient leave</li> </ul>	
Entering and exiting the building	Exposure to virus through close proximity to other patients	<ul style="list-style-type: none"> <li>• asking patients not to arrive early or late for their appointment</li> <li>• patients arriving early will be asked to wait in their car or if arrival on foot, taxi or public transport and in inclement weather observe social distancing in the waiting room</li> <li>• patients will be expected use the hand sanitiser provided in the porch before entering the building</li> </ul>	21.09.2022

Table 2a. Protection of staff and patients before they visit, and when in, the clinic. We have assessed the following areas of risk in our practice and put in place the following precautions to			
	Description of risk	Mitigating action	When introduced
Reception and common areas	<i>contact with other patients</i>	<ul style="list-style-type: none"> <li>ask patients to turn up promptly at their appointment time to reduce time in the waiting area</li> <li>encourage contactless payment and BACS instead of cash, on making their appointment</li> </ul>	
Social/physical distancing measures in place	<i>proximity and risk of contamination</i>	<ul style="list-style-type: none"> <li>appointments every 45 minutes to allow airing and cleaning between patients</li> <li>Chairs will be place 2m apart in the waiting room and clinic room</li> </ul>	
Face to face consultations (in-clinic room)	<i>Exposure to virus through closer than 2m contact, aerosol risk through techniques</i>	<ul style="list-style-type: none"> <li>Modifying treatment techniques to avoid unnecessary close proximity</li> <li>One parent/guardian only with visits for children</li> <li>No additional family members except if requested as a chaperone</li> <li>Pre-screen chaperones as with patients prior to appointment</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>

Table 2b Hygiene measures We have assessed the following areas of risk in our practice and put in place the following heightened hygiene measures			
	Description of risk	Mitigating action	When introduced
Increased sanitisation and cleaning	<i>Exposure to virus and spread to other families and patients</i>	<ul style="list-style-type: none"> <li>Sanitising Clinic rooms - plinths, desk, door handles, touch points, equipment chairs - between each patient</li> <li>Doors and door handles, chairs, taps, card machines etc. in other areas</li> <li>Use of at least 60% alcohol sanitisers/wipes</li> <li>Remove unnecessary linen/use plastic pillowcases that can be cleaned between patients</li> <li>Provide single use blankets which can washed at high temperature in the colder weather</li> <li>Using disposable paper towels in the bathroom</li> <li>Decluttering the clinic rooms and waiting area of unnecessary items</li> <li></li> </ul>	21.09.2022

**Table 2b Hygiene measures**

We have assessed the following areas of risk in our practice and put in place the following heightened hygiene measures

	Description of risk	Mitigating action	When introduced
Aeration of rooms	<i>As above</i>	<ul style="list-style-type: none"> <li>• Keeping treatment door open after each patient</li> <li>• Aeration of common/reception areas by keeping windows open in good weather. In poor weather opening doors and windows after every patient and at the end of every working session i.e. morning or afternoon</li> </ul>	
Staff hand hygiene measures	<i>As above</i>	<ul style="list-style-type: none"> <li>• Bare below the elbow/hand washing before and after patients with soap and water for at least 20 seconds, including forearms/use of hand sanitiser gel/ use of gloves</li> </ul>	
Respiratory and cough hygiene	<i>As above</i>	<ul style="list-style-type: none"> <li>• cough hygiene measures for osteopaths and patients - 'Catch it, bin it, kill it'</li> <li>• Provision of disposable, single-use tissues waste bins (lined and foot-operated)</li> <li>• Hand hygiene facilities available for patients, visitors, and osteopaths</li> </ul>	
Cleaning regimes	<i>As above</i>	<ul style="list-style-type: none"> <li>• Cleaning common areas at the end of each working session.</li> <li>• Frequent cleaning of the bathroom</li> </ul>	

**Table 3. Personal Protective Equipment: Detail here your policy for use and disposal of PPE**

Clinicians will wear the following PPE	<ul style="list-style-type: none"> <li>• Fluid-resistant surgical masks worn where considered prudent and on request from patient</li> <li>• Eye protection, e.g. if there is a risk of droplet transmission or fluids entering eyes</li> <li>• Use of visors where patient is deaf and communication is difficult without ability to lip read due to face mask</li> </ul>
When will PPE be replaced	<ul style="list-style-type: none"> <li>• When potentially contaminated, damaged, damp, or difficult to breathe through</li> <li>• At the end of a session – morning or afternoon or up to 4 hours duration</li> </ul>
Reception staff will wear the following PPE	<ul style="list-style-type: none"> <li>• <i>Not applicable</i></li> </ul>
Patients will be asked to wear the following PPE	<ul style="list-style-type: none"> <li>• Wearing of masks by patients is optional</li> </ul>

PPE disposal	<ul style="list-style-type: none"> <li>• <i>Double-plastic bagged, away from other household/garden waste, and then incinerated</i></li> </ul>
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Table 4. Communicating with patients: Detail here how you will advise patients of measures that we have taken to ensure their safety and the policies that have been put in place in our clinic

Publishing your updated clinic policy	<ul style="list-style-type: none"> <li>• <i>Printed and displayed on hall table</i></li> <li>• <i>Available on Paignton Osteopaths website</i></li> </ul>
Information on how you have adapted practice to mitigate risk	<ul style="list-style-type: none"> <li>• <i>Available for viewing on Paignton Osteopaths website</i></li> <li>• <i>Advice monitored and updated following Government guidance</i></li> </ul>
Pre-appointment screening calls	<ul style="list-style-type: none"> <li>• <i>when making the appointment with a request to contact the clinic if anything changes in accordance with screening call criteria</i></li> <li>• <i>A clinician will call.</i></li> </ul>
Information for patients displayed in the clinic	<ul style="list-style-type: none"> <li>• <i>Door notices advising anyone with symptoms not to enter the building.</i></li> <li>• <i>Notices on other public health measures e.g. hand washing/sanitising</i></li> <li>• <i>Providing patients contact for more information if needed</i></li> </ul>