



## Covid Secure Information for Patients

Please email [clare@claresmithacupuncture.com](mailto:clare@claresmithacupuncture.com) for an appointment indicating urgency and times of day and days of week you can do.

**Please do not book** if you are showing any of the following symptoms and please re-arrange your appointment if any develop

- According to current NHS advice, this is defined as: **high temperature** (37.8C or higher) this means you feel hot to touch on your chest or back – you do not need to measure your temperature – and
- **new, continuous cough**: this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours – if you usually have a cough, it may be worse than usual
- **anosmia**: lack of taste or smell (updated 18 May 2020)
- Recent research from the Covid Symptom Study has identified further symptoms which are predictive of a positive test for Covid-19. The most predictive symptoms, with most important first, were: anosmia (lack of taste and smell), **fatigue, shortness of breath, fever and persistent cough**. These are not currently included in the government/NHS guidelines, but it may help you to be aware of them.
- NHS 111 has a symptom checking service for Covid-19

If you are unwell or would prefer not to come to the clinic then I am continuing to see patients "on-line" in a virtual clinic which is working well - especially with the provision of nutritional support.

### Screening and Consent Form

You must complete the Covid 19 Consent Form before your appointment and for each appointment – you can find a link on my website and [here](#).

### Update for Diagnosis

A key to controlling the spread of Covid 19 is to minimise interaction with others. As a result I am going to try to complete as much of the questioning and diagnosis before you come for treatment. If you can send an update on your symptoms the day before treatment at the latest. That way I can focus on taking your pulse and needling. In the case of new patient I will arrange a Zoom call.

### On arrival at the clinic:

I am not required to wear gloves as hand washing is more effective, nor will I be wearing scrubs or an apron. I will be wearing a mask and visor confirmed as appropriate for dentists - who you appreciate have much closer contact than we do. Handwashing in clinic is standard for me and this has not changed.

- **wait in your car** – I will let you know when you can come in. Even if you are sure there is no-one else with me I may still be in the process of cleaning and preparing the treatment room for you.
- **your things** please limit the number of things you bring into the treatment. I can not provide water or blankets so please bring these with you.
- **mask** - if you are not wearing a mask (a homemade fabric mask is good) then I have some single use disposable masks and I will provide you with one. Please take any mask you wear for treatment home with you and wash or dispose of it. Please be aware that wearing a face mask can increase the likelihood of touching your face for example in repositioning the mask. This is a known risk for contracting and increasing the risk of spread of Covid 19 so be careful.
- **temperature** - before coming in I will take your temperature with a non contact thermometer - I just need to point it at your forehead. If your temperature is 37.8 or over I will not be able to treat - there will be no charge.
- **let me open doors into the treatment room or if you need it the toilet** – this is to minimise contact to surfaces within the treatment area. I will leave the treatment room door open for you to come in



## Covid Secure Information for Patients

- Once in the treatment room please
  - place car keys, phone, water on the white tray provide
  - place your blanket on the patient chair
  - take off shoes and socks ready to get onto the couch. I will tell you which points I am using so that you can adjust clothing.
- **Before getting on the couch please wash your hands** - I am sure you are used to how to do this by now but there will be signs up in both the toilet and at the treatment room sink
- **Dry your hands with a hand towel which is over/ adjacent to the sink. Once dried place in the white bin below the sink**
- **Once hands are washed please get on the couch**
- **If at any time you need to sneeze or cough – please cover them with a tissue or if not possible into your upper sleeve and then wash your hands. A NHS poster is available for Respirator and Cough Hygiene and this is in the treatment room**

### Treatment

- **Pulse taking** - before taking your pulse I will, as usual, wash my hands
- **Points** I will confirm the points I am using ask you to adjust any clothing as required
- **Limitations.**
  - I will not be able to needle points around the mouth and nose as you will be wearing a mask
  - I cannot do any guasha, cupping or tuina as we are required to minimise interaction within a 2 metre distance
  - Testing of nutrition will be limited to your existing prescription – please bring these with you and place on the white tray provided

### Payment

Payment must be made online – cash and cheques can not be accepted.

### After Treatment

Please advise me immediately if you develop any symptoms within 14 days of treatment.

This will be an evolving process and I thank you for your patience in these challenging and uncertain times. Your safety is paramount. I am doing everything I can to make the treatment as relaxing and comfortable as I can but as always I welcome feedback with regard to anything you feel I could improve

Clare@claresmithacupuncture.com

claresmithacupuncture.com

07889143899