**Guidance to KF members when allowed to return to practice – updated on 13th July 2020**

On 9th July the government has changed their guidelines and has allowed holistic and wellbeing locations in England (apart from Leicester) – amongst other close contact jobs – to re-open from 13th July 2020. Northern Ireland seems to have been allowing close contact workers back to work from 6th July: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-and-what-they-mean-you>

Both countries, England and Northern Ireland, seem to be working with the same guidelines for close contact workers:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/close-contact-services>

With healthcare and a healthy mind and body being more important than ever in these current times, we are very happy to advice our members in England (apart from Leicester) and Northern Ireland that it is legally safe now to return to practice face to face if they so wish.

We’ll be keeping an eye on the other UK countries and you can find good links for all UK countries on the Balens website:

<http://www.balens.co.uk/news/government-guidance-on-returning-to-work.aspx>

Although it is legally ok now to return to practice in England and Northern Ireland, things have obviously changed and there are new guidelines to follow, i.e. in terms of PPE, risk management and cleaning etc., at least for the time being. We strongly recommend you start doing risk assessments, daily and per client.

Information on all of the above can be found in this document:

<https://assets.publishing.service.gov.uk/media/5ef2889986650c12970e9b57/working-safely-during-covid-19-close-contact-services-090720i.pdf>

**Preparations to return to practice**

In preparation for going back to practicing again face to face, we would suggest our members make themselves familiar with the nature of Covid-19, if you haven’t done so yet, based on what is known by now. There are several sources that we suggest our members visit:

[WHO website on Covid-19](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-coronaviruses)

[NHS website](https://www.nhs.uk/conditions/coronavirus-covid-19/)

[Government website](https://www.gov.uk/coronavirus), especially the [section about “working safely”](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres#offices-4-1)

British Assessment Bureau: [Corona-Virus awareness course](https://www.british-assessment.co.uk/training-elearning/courses/covid-19-awareness/?fbclid=IwAR2ppCMvXwFcZiVqZZ4ieg6h_uuUJT-w6AxWVXRmq90w-zHbdJ2iACF4J90) (free)

Future Lean: Managing Covid-19 in General Practice (free, but designed for front-line staff): <https://www.futurelearn.com/courses/managing-covid-19-in-primary-care>

We also urge our members to visit the [government guidelines on Infection Prevention and Control](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control) and do either one or all of the following Infection Prevention and Control workshops

* Skills for Health (£11): <https://www.skillsplatform.org/courses/7493-infection-control-and-prevention-level-2-clinical>
* WHO - Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19) (free): <https://openwho.org/courses/COVID-19-IPC-EN>
* Dermalogica – Clean touch certified. 12 key principles for enhanced service safety (free): [https://www.dermalogica.com/in-this-together/inthistogether,default,pg.html?redirect=false](https://www.dermalogica.com/in-this-together/inthistogether%2Cdefault%2Cpg.html?redirect=false)

***All of the above workshops and the time it takes you to read the resources can be counted as non k-based CPD.***

**Screening and Classification**

Practitioners must ascertain whether or not a patient is a possible or confirmed case. The parameters that define this are set out in points 2.1 and 2.2 of the section on the [Government website](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-initial-investigation-of-possible-cases/investigation-and-initial-clinical-management-of-possible-cases-of-wuhan-novel-coronavirus-wn-cov-infection).

Recommendation:

1. Practitioners who are identified as a possible or confirmed case should follow Government guidelines on self-isolation immediately.

2. Practitioners should use the case descriptions outlined above to screen patients remotely. Patients who are identified as a possible or confirmed case should not be seen face-to-face.

3. Where a possible or confirmed case is identified, the patient should be advised to follow Government guidelines on self-isolation and testing.

***If it is not possible to remotely screen the patient for possible COVID-19, a face-to-face appointment should not be offered.***

Some further thoughts (subject to change depending on government advice nearer the time):

* To perform hygienic cleaning, client appointments must be suitably spaced apart, ensuring contact time for sanitiser e.g. minimum contact time, or until air-dried.
* We believe that at the moment government still advises to have clients waiting in their car and not have a waiting room available and open the door for each of your clients so that they don’t touch it. If that advice is being eased, then social distancing measures should be addressed in waiting rooms. Remove everything not absolutely necessary in the waiting rooms, especially things that can’t be cleaned (magazines etc.). Cover chairs with washable (at high temperatures) or disposable covers and replace them after each use.
* Anything the client sits or lies on (i.e. treatment couches, cushions etc.) should be covered with a non-porous cover (i.e. plastic) that does not let anything through to the couch and can be easily disinfected. Cover the non-porous cover with a disposable couch roll (i.e. paper) which has to be replaced for each client.
* Anything and everything that has been touched by a client should be cleaned hygienically immediately after the session, including door handles.
* Therapists should wash their hands immediately before and after treatments, or during the session if needed and should encourage their client to do so, too. Both parties need to be taking care not to touch any other surface between washing their hands and the start of the session. Disposable gloves should be worn by the therapists if appropriate.
* Hand washing is best protocol for sanitisation; if that’s not possible, therapists should have pump bottle sanitisers or dispensers[[1]](#footnote-1) in their treatment room. Ideally only the practitioner touches it after having washed their hands and pumps a squirt into the clients’ hands without the nozzle touching the client. If practitioner decides to wear gloves they would need to be put on afterwards.
* Pedal waste bins should be placed in all treatment rooms and hand washing facilities and should be emptied and replaced daily as standard.
* All linens used for every client must be carefully removed, tied in a plastic bag and washed at a high temperature. Under no circumstances should any linen or towels be used for more than one client.

We highly recommend that you clearly inform your clients and the public (on your website, via email or with signs in the waiting room etc.) about the steps you have put in place to ensure the environment of your clinic is a safe place for your clients.

The Federation of Holistic Therapies have put very detailed guidance in place which we feel covers the topic widely <https://www.fht.org.uk/coronavirus>

Further to that advice, here are some specific for our members:

* Avoid touching your client’s or your own eyes, nose and mouth if possible. If there are points to be held on the face, ask the client to do so themselves and provide them with disposable tissues to cover their finger(s).
* Contact your clients 24 hrs before they are scheduled for a session to check they’re still ok to come for their session.
* You might have to amend your cancellation policy for the moment and waive or largely reduce any cancellation fees less than 24 hrs before the session or only allow cancellation due to illness symptoms. This is to encourage people booking a session with you, but allow them to be flexible in case they do develop symptoms and not feel they have to attend if it’s not safe to do so.
* Once you’ve done the screening and the follow up phone call 24 hrs before and there are no signs for any reason to cancel the session and you see the client, use a disclaimer. This would say that both parties, you and your client, confirm that they are not aware that they or anyone in their environment having any Covid-19 symptoms for at least 7 days and that you’re both happy to conduct the session including being touched for muscle response testing and points being held on the body and face when necessary. It would also say that you’re following government guidelines on IPC (see above) where it is applicable to your practice, that you’ve explained the steps you’re taking regularly to prevent infection and the decision you and your client have agreed on regarding PPE (what or whether or not to wear it). Both, you and your client would need to sign that at the beginning of the session and with their signature the client confirms that they’re happy with the information given to do their own risk assessment and give their informed consent to proceed to the face to face session, that they are aware of the remaining small possible risk of an infection and that they carry liability for this small risk themselves.

***This is all about trust, so we recommend you explain clearly, in writing before the session, on the phone and at the beginning of the session, all the steps that you’re taking for containing the risk of an infection or check if they have any questions / are aware of the steps you’re taking for Infection Prevention and Control.***

With the above guidance we try to set up the environment for our members to ensure that you’re only working with clients who are not infected. **We would strongly advise to cancel any appointments in advance in case there is any suspicion that one party (client, practitioner or anyone in either family or environment) is not safe to proceed a Kinesiology session.**

The advice in this document is meant as guidance to adapt **in addition to** all your regular cleaning, sanitation and health and safety procedures, not instead of these procedures.

The KF has put the above advice together in best faith and knowledge, but it has to be treated as a guidance and the KF cannot be made liable for any shortcomings. Always follow government guidelines if they differ from the above. If unsure how to interpret government guidelines for our therapy, please get in touch.

1. Government guidelines on minimum alcohol content for hand sanitisers: <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/guidance-to-assist-professionals-in-advising-the-general-public> [↑](#footnote-ref-1)