



Coronavirus (COVID-19) INFORMATION SHEET PRIOR TO APPOINTMENT

Although the Scottish Government has indicated that lockdown measures are changing, this does not mean we will be working as 'normal'

We at Positive Steps Physiotherapy must consider the safe management of patients, the public and ourselves.

If, after reading this information sheet, you would prefer not to proceed with the appointment, we do offer a virtual consultation service. If you would like more information about this service then, please let us know.

If you show any symptoms of covid 19 prior to your appointment, then please cancel your appointment and follow government guidelines.

This information sheet is to advise you of what to expect when you arrive at the clinic. Once you have read this information, please sign the Covid Consent form that you have received electronically with your initial appointment information.

- Appointments must run strictly to time to avoid crossover within the building. If you are late, your appointment will still end at the scheduled time and you will be asked to make another appointment if anything is unfinished.
- Please attend the appointment alone unless you require assistance from a family member during your appointment. Please let us know if you will be accompanied at your appointment.
- Do not bring children with you.
- Please wear a face covering.

When you arrive at the clinic;

- On arrival, please wait in your car or outside the building, until your physiotherapist comes to get you. This is to avoid any cross over in the small communal spaces of the building.
- When I approach you, I will be wearing a mask and / or visor. I will bring you into the treatment room.
- Please use the hand sanitiser provided.
- If you develop any symptoms in the 7 days after your appointment, you must inform the clinic immediately.

Your appointment;

- Throughout your appointment, the physiotherapist will be wearing appropriate PPE at appropriate times in accordance with the strict guidelines from the government and our professional bodies.
- The physiotherapist will take you into the treatment room where you will sit 2m apart for the initial part of the assessment or treatment session.
- If it is necessary for the physiotherapist to physically examine or treat you with 'hands on', they will wear gloves and a mask and ask you to wear your face covering or mask.
- Please pay by card if possible, or if you prefer you can have an invoice emailed to you and you can pay by BACS.
- Use the hand sanitiser prior to leaving.
- If there are other people in the clinic, please observe social distancing.

If at any point you have any concerns you must bring this to the attention of the physiotherapist.

Things that happen but you won't see;

- I will wipe all frequently touched hard surfaces prior to each clinic
- I will wipe surfaces in between patients
- I will space patients to allow cleaning and avoid congestion in the communal spaces.
- I will wipe all equipment before use
- I will wash all my uniform each day
- Taking regular lateral flow tests.
- I will continually monitor the advice from the government and implement any changes.