

## Can I have a Physiotherapy Appointment?

Would you like to book a Virtual Appointment?

Yes?

Call the office on 01473 810185 to book in for a virtual appointment with any of our Clinicians.

I would prefer to be seen face to face (F2F)

F2F

## Do I fall into the into the high-risk category?

Have you received a letter from the NHS recommending you should shield?

- Have you had an organ transplant?
- Are you having chemotherapy or antibody treatment for cancer, including immunotherapy?
- Are you having an intense course of radiotherapy for a lung condition?
- Are you having targeted cancer treatment that affect the immune system?
- Do you have a blood or bone marrow cancer (e.g. leukaemia, lymphoma, or myeloma)?
- Have you had a bone or stem cell transplant in the past 6 months?
- Have you been informed by your GP that you have a severe lung condition?
- Are you taking medication that makes you more likely to get infections (e.g. high dose steroids)?

If yes to any of the above, we cannot offer a F2F Appointment, please book a Virtual Appointment.

## Am I at moderate risk?

Have you been shielding, but are not high risk?

- 70 or older
- Pregnant
- Have a lung condition that is not severe (e.g. asthma, COPD, emphysema, bronchitis)
- Suffers from heart disease, diabetes, obesity, Liver disease, Parkinsons, MS,

You may wish to consider a virtual appointment, but we can see you F2F

F2F



### Do I fit the criteria for a face to face appointment?

Without treatment, do you feel it is likely you may need to see an alternative health professional (i.e. GP, pain relief, advice, treatment?)

Do you have escalating pain?

Do you have reduced function?

Is your pain negatively affecting mental health?

If yes, we are happy to progress with seeing you F2F

F2F



### Do I pass the Screening for Covid 19 symptoms?

Currently, or in the last 7 days, have you experienced any of the following?

- Fever (temperature higher than 37.5 degrees C?)
- New or worsening persistent cough?
- Change or loss of taste and smell?
- New or worsening chills, body aches, headaches, and / or sore throat?
- Gastrointestinal upset (diarrhoea and/ or vomiting)?
- None of the above

Is a member of your household self-isolating?

Have you or a member of your household travelled to or returned from, a country outside of the UK?

Have you or a household member been in close, unprotected contact with a confirmed or suspected case of Covid-19 infection?

If yes to any of the above, we can still help, but need to a Virtual Appointment

## **If F2F appointment booked, what should I expect?**



- **To be asked to wait outside or in your car until the Clinician is ready**
- **Screening questions to be repeated before you can enter the clinic**
- **Your Clinician will be wearing PPE**
- **You will be requested to wear a face mask. The clinic can supply one at cost price if you need.**
- **To observe Socially distancing where possible and attend alone unless you require an adult chaperone or translator**
- **Your Clinician will perform a temperature check of you and chaperone if present. Be aware that treatment will be declined if temperature is high or you refuse to comply with other infection control requirements**
- **To sanitise your hands on entering the clinic**
- **To make payment via contactless method.**



## **And Finally**

**If you choose to attend a F2F consultation, you must be aware of the inability to social distance and associated increased risk of Covid-19**

**We also ask that you consent to your contact details being shared for contact tracing if**

