



The GCMT Resource Pack - Version 3

Lockdown 2 Guidance

Issued November 2020

NEW LOCKDOWN GUIDANCE FOR THERAPISTS IN ENGLAND

This is an addendum for the Version 3 Resource Pack and is only for England. It is specifically for Lockdown 2 up to December 2nd – or possibly beyond.

This document comprises three sections: -

- 1 Lockdown Guidance**
- 2 Lockdown Risk Assessment additional pages**
- 3 UK regulations and web links**

Due to the announcement by the **CNHC**, any therapist who is a registrant of theirs is currently permitted to work during lockdown – using the descriptor “other health services”.

However, there are very specific limits of scope that must be adhered to – and which are listed here below: -

DECISION TO GIVE MESSAGE

Initial consultation

This must be carried out via phone, zoom or skype, and is to ascertain whether it is currently appropriate for you to massage someone.

Hands-on massage is permitted only if the reason is justified as a) essential and/or b) medical. This means: -

- Living with unbearable pain
- Unable to function properly – perform basic activities
- Unable to work
- Major mobility issues with the musculoskeletal system
- Severe anxiety or chronic insomnia

The decision to give hands-on massage must be clinically reasoned in your risk assessment and notes.

As an example, essential does not necessarily mean mild aches – it means acute or chronic pain, or where movement is limited. Ideally it should also not be a single appointment, but one of several as part of a treatment programme.

Referrals may be clinical – but may also be received direct from the individual.

The CNHC not only specifies “physical health issues”, but also “services relating to mental health”. This term covers a broad remit, from anxiety & insomnia to major issues such as bi-polar and schizophrenia. This must not be undertaken unless you have appropriate training for the issue at hand.

If the client is experiencing stress & anxiety that is usually integral to massage, that is permissible - though doesn't necessarily make it essential. The risk assessment and consultation will establish whether it is essential or medical.

Visual Consultation

An alternative to a massage session. Particularly if there is no essential or medical reasoning to justify hands-on. Ideally this to be carried out via zoom or skype. Exploring the issues – and covering self-massage, exercise, stretching and providing postural guidance.

PARAMETERS

Risk Assessment – it is vitally important to do this every time you do a consultation. Not only to check on your premises and pre-preparation, but to assess your clients, their contra-indications – and now whether they require a hands-on session or a virtual session. This can be particularly useful for a client who may be too vulnerable for a hands-on session.

Timings – always keep the hands-on sessions to a minimum. Working only on the physical areas that require it, though within the guidelines of holistic. Ideally not exceeding an hour.

PPE - always wear full PPE. And you client must always wear a mask

PLACES OF WORK

Your place of work can be classified in three categories.

Business Environment

A place of healthcare services, e.g. within another permitted healthcare professional's premises, such as physiotherapist, osteopath, chiropractor, etc. It is permissible to work in all these areas.

You may not work from premises that are entered through a business listed as “required to close”. For example: - within a gym, hairdresser, beauty salon or nail bar.

Home environment

If your practice is based in your own home, you can continue to work - as long as it is Covid Secure. Clinically clean and hygienic at all times.

Ideally it should have a separate entrance and/or your practice space be accessible without clients entering your living accommodation. If not, assess whether you can keep the environment Covid Secure. And whether you live alone or how many other people live there and therefore what the implications are in terms of keeping it Covid Secure.

Take into consideration inside and outside doors, hallways, bathroom facilities etc.

You also need to check with your home insurer whether you can work from home during this time.

Mobile

You cannot provide treatment to a client in their own home unless you have received a direct referral from a statutory regulated health professional. The risk assessment is vital here to assess whether having received such a referral, it is appropriate to treat hands-on or whether a virtual session is better suited.

Otherwise you cannot perform mobile visits.

Corporate massage is also not permitted at this time.

The CNHC

The CNHC has produced a comprehensive guidance for working which is available on their website. The content is covered in the Version 3 Resource Pack & Risk Assessment.

It is also updated regularly. We recommend you check it daily.

CNHC: www.cnhc.org.uk/covid-19-advice-return-to-work-and-working-safely

GCMT RISK ASSESSMENT ADDITIONAL GUIDELINES FOR LOCKDOWN

| RISK | ASSESSMENT OF RISK |
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| Client Consultations | <ul style="list-style-type: none"> • Face-to-face consultations should be carried out in advance over the phone or via video conferencing • During consultation, establish whether your client should receive a hands-on massage session – or a virtual consultation. This is initially based on whether their needs are essential and/or medical – as opposed to whether there is a contra-indication. Then whether there is also a contraindication. • New clients should be sent a Covid-19 consultation & declaration form, plus your standard consultation document and consent form via email a few days before, to be completed and emailed back. Must be GDPR compliant • Existing clients should also be contacted before their appointment to check on their health, follow up to previous therapies etc. and complete the Covid-19 consultation and declaration form <p>DOCUMENT NEW CONSULTATION PROCESS and FILE</p> <p>ACTION POINT:</p> <ol style="list-style-type: none"> 1. communicate these points to your client database |
| Before you confirm bookings | <ul style="list-style-type: none"> • Have you assessed whether your client requires an essential and/or medical hands-on session, or a virtual session? • A virtual session can be hugely helpful to some who may be contraindicated. |
| Pre appointment | <ul style="list-style-type: none"> • If yes, have you sent a confirmation email with guidance for clients regarding their upcoming session? • Have you received all of the documentation back from your client? • Have they paid you? |
| QR code | <ul style="list-style-type: none"> • Have you created and printed off your QR code poster ready for scanning? Don't laminate or print on glossy paper. <p>ACTION POINTS:</p> <ol style="list-style-type: none"> 1. Print, but do not laminate, preferably on low gloss paper. Put on a clipboard for easy access and storage 2. Communicate QR code info to your client base |

ASSESSMENT OF CLINICALLY VULNERABLE CLIENTS – CONTRA-INDICATIONS

Potential contra-indications

People with the following conditions or status are currently considered “clinically vulnerable” or “extremely clinically vulnerable”. Meaning that should they become infected with Covid it can be far more aggressive than those who are not.

HIGH RISK

- Currently receiving treatments for cancer
- Severe lung & respiratory conditions
- Recently post-operative
- Recently had an organ transplant
- Recently had a bone marrow or stem cell transplant
- Suppressed immune system – and likelihood to easily develop infections
- Pregnant – if accompanied by a serious heart condition
- Experiencing severe post Covid-19 circulatory complications – DVT, micro-embolisms, CVA or PE

MODERATE RISK

- Brain and nervous system conditions – Parkinson’s, motor neurone disease, cerebral palsy, MS
- Clinically obese – BMI over 40
- Aged 60 years or older – especially older males
- Of BAME heritage
- Pregnant – after 24 weeks
- Mild lung & respiratory conditions
- Heart disease, diabetes, chronic kidney disease and liver disease
- Those shielding vulnerable family members
- Front-line NHS staff & carers

Assess each client on their own merit to decide whether to give hands-on massage therapy or not. Virtual consultation has no contra-indications and may be very helpful to offer to those in the high-risk category.

Use your own professional judgement. If you go ahead with hands-on be extremely strict with hygiene and use full PPE.

NB: You are under no obligation to see anyone. The choice is entirely yours

ACTION POINT: - communicate these points to your client database

MOBILE VISITS – not permitted unless you have received a direct referral from a statutory regulated health professional.

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| | <p>NB: ALL other risk assessment actions listed above should be carried out (where applicable), including Covid-19 screening of client before arrival at venue. You must not enter a home where a household member is shielding, self-isolating or clinically vulnerable. Further information can be obtained from this website Working in Other People's Homes</p> <ul style="list-style-type: none"> • Consider purchasing a car boot liner that can be sterilised • Ensure you will not meet other household members and there is no one else in the working area whilst you are there |
| | <p>On arrival at venue</p> <ul style="list-style-type: none"> • Don mask and gloves. Alert the client that you have arrived. When they come to the door, give them a mask to wear and take their temperature, verbally screen for Covid-19 symptoms • Take out your QR code poster, for them to scan if they have the NHS Test & Trace app • Take ALL required equipment to the door of the venue without entering (to minimise number of times entering and leaving the venue) • Only take bedding into the venue that will be used during the appointment (unused bedding must not be subsequently used if taken into the venue, but must be placed into laundry container for washing) • Don shoe coverings and take equipment into the treatment room and set up ready for treatment without the client in the room. Touch as few surfaces/client belongings as possible including seating. • Sanitise all equipment as the treatment area is set up. Place all consumables onto a couch roll covered surface. • Remove mask and gloves used for setting up, placing in a sealable bag and into the larger sealable bag for removal from the venue • Don fresh mask, apron and gloves and invite the client in for treatment |
| | <p>Use of client's bathroom</p> <ul style="list-style-type: none"> • Where possible this should be avoided • Consider taking your own toilet tissue for your use • Take sealable bag for used PPE and fresh PPE (in a sterile bag) to the bathroom • Keep on all PPE until you get into the bathroom. Remove gloves and wash hands • Use toilet, ensuring you close the toilet lid before flushing • Wash hands again and replace gloves, or don new. |

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| | <p>Following the session</p> <ul style="list-style-type: none"> • Place all waste material into a sealable bag, and into further sealable refuse bag • Place all laundry in sealable bag and place in lidded container to store in car • Sterilise all equipment before placing outside of the venue • Once ALL equipment is outside, bid farewell to client. Remove PPE placing in a sealable bag which is placed in larger sealable refuse bag for later disposal • Put all equipment in the car |
| | <p>At the end of the working day</p> <ul style="list-style-type: none"> • Seal bag containing used PPE, date, and store for 72 hours, place in non-recyclable waste bin • Launder daily. Don gloves and mask, carefully put used linen in the washing machine with as little disturbance of fabric as possible • Where possible store massage equipment in the car, rather than bringing in and out of your home |
| | <p>DOCUMENT NEW PROCEDURES and FILE (either hard copy or electronically, revisit and update regularly)</p> <p>ACTION POINTS:</p> <ol style="list-style-type: none"> 1. Ensure adequate supply of PPE (including shoe covers) 2. Source bin bags/sealable bags for used PPE/waste and laundry 3. Source car boot liner 4. Source laundry container 5. Print your QR code poster 6. Communicate changes to clients |

WHAT ARE THE VARYING REGULATIONS ACROSS THE UK?

Within the UK, there are separate regulations for England, Scotland, Wales and Northern Ireland. These regulations change frequently, from usage of the QR code, to which parts of the UK are in different Tiers or are in complete lockdown.

Below are the central and government links in each area. To keep apprised of the status, please check your area regularly.

As of 12th November 2020: -

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

ENGLAND

- www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19#areas-with-local-restrictions

SCOTLAND

- www.gov.scot/publications/coronavirus-covid-19-local-measures/pages/central-belt
- www.gov.scot/publications/coronavirus-covid-19-retail-sector-guidance/pages/close-contact-services

WALES

- <https://gov.wales/local-lockdown>
- <https://gov.wales/coronavirus>

NORTHERN IRELAND

- www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-and-localised-restrictions
- www.nidirect.gov.uk/campaigns/coronavirus-covid-19