



TILLOW BARN  
HEALTH & WELLBEING

## Tillow Barn Health Chiropractic Clinic

### **Covid protocols in light of the lifting of legal restrictions on 19<sup>th</sup> July 2021**

Virtually all Covid legal restrictions will be lifted on 19<sup>th</sup> July 2021. In the light of this we have reassessed our infection control procedures, our requirements of visitors to the clinic and the rationale behind all of these.

First and foremost, as healthcare professionals our prime motivation is the health of our patients. As such, due to current case numbers and the continued risk of infection, we will continue to follow the protocols that we have followed throughout the pandemic. Both practitioners and patients will therefore see no change to the way the clinic is currently running.

**Please note that we will continue to require patients to wear a mask for any close contact treatments where social distancing is not possible.**

Below is an explanation of the existing protocols we are following, and therefore those that we will be continuing to follow for the foreseeable future (as at 14<sup>th</sup> July 2021).

#### **Vaccination:**

The Chiropractors at Tillow Barn Chiropractic Clinic have been vaccinated.

#### **Face Masks:**

The Chiropractors at Tillow Barn will continue to wear face masks when treating and we will continue to require that all of our patients, unless exempt, wear a face mask when they attend for an appointment.

**Mask exempt patients:** Patients who are exempt from mask wearing will be only be offered an appointment at the end of the day, when we can ensure that we are able to not only thoroughly disinfect the treatment room, but can also allow enough time to elapse before the room is next used, so that any potential remaining virus particles become less likely to be infectious.

**Other infection controls:**

**PPE - face shields:** These are plastic barriers worn in front of the face that reduce the risk of infection via the eyes and provide extra protection for the nose and mouth. Our chiropractors will continue to wear these.

**PPE - aprons and gloves:** These are to mitigate the risk of transferring virus particles from surfaces and clothes (fomites) onto other surfaces, including hands and faces. Risk of fomite transmission is very low, but controlling for it is best practice. Our chiropractors will continue to wear these.

Because our chiropractors are statutorily regulated, their wearing of full PPE ensures that they are exempt from being considered a close contact should someone be diagnosed with Covid after visiting the clinic. This means that they will be able to continue seeing patients, without the need to isolate.

**Cleaning/disinfecting:**

This is to kill any virus transmission on surfaces before they can be transferred to humans. Whilst risk of fomite transmission is very low, it is a quick and easy precaution, and we will continue to clean anything that has been touched by ourselves or our patients during a consultation after each patient has left the clinic.

**Ventilation and fallow:**

*Ventilation* is to replace the air within the treatment room between patients, removing any airborne water droplets and their virus particles. *Fallow* is the time we allow between patient bookings to allow time to thoroughly disinfect the treatment room and to avoid patients meeting in reception, with the subsequent risk of transmission from one to the other. We will continue to ventilate and allow a fallow time of 10-15 minutes.

**Virtual Health:**

Offering appointments via video link is the only way to completely eliminate the risk of virus transmission. We will continue to offer virtual health consultations to patients who are especially vulnerable or prefer not to risk a face-to-face treatment. We are able to offer assessment, advice and exercise prescription to patients during a video consultation.