

Osteopathy Appointments and Current legislation: (16/05/2020)

The Public Health Statutory Instrument linked to the Coronavirus (COVID-19) Restrictions Regulations Act, states which business must close under the current restrictions and which businesses may remain open.

UK legislation currently permits osteopaths to be open. Exempt businesses and premises are identified within the regulation, at Schedule 2, Part 3 of the regulation. At paragraph 37 of Part 3 the following businesses are identified as not required to close: Dental services, opticians, audiology services, chiropody, chiropractors, osteopaths and other medical or health services, including services relating to mental health. www.legislation.gov.uk/uksi/2020/350/made

This does not allow clinics to operate as normal though. I have outlined below how I am operating as of Monday 18th May.

Face to Face Osteopathy appointments:

An initial pre-screening telephone call is mandatory before I will see you for a face to face meeting. You may initially book an appointment for a face to face meeting online, but I will still need to speak to you on a pre-screening call before we meet. You can also book a pre-screening conversation online so that there is a designated time you will be able to speak to me otherwise just give me a call on 07952383485.

I am able to see you for a face to face meeting:

- Where the osteopath has a high suspicion of a serious deterioration from underlying pathology which cannot be determined remotely.
- The patient has urgent care needs, which if not met will require care from General Practice, secondary care or social care agencies. This is particularly important if they themselves are a carer for someone who is vulnerable.

I am unable to see you in a face to face appointment

- If you have a current high temperature (greater than 37.8 degrees) or a new continuous cough for more than an hour, or 3 or more coughing episodes in 24 hours. I would also add to this a loss of your sense of smell. (although not in the current legislation it seems to be a fairly consistent symptom).

If you are suffering from any of these symptoms please use the [111 online coronavirus service](#).

Current guidelines suggest you should self-isolate for at least 7 days. Please continue to self isolate if you still have a high temperature until it returns to normal. You do not have to self-isolate with a cough after 7 days.

- If you live with someone who has the symptoms of coronavirus as described above you will need to self-isolate for 14 days, so I will also not be able to see you in these circumstances.
- It is important to note that these guidelines also apply to myself in relation to my exposure to coronavirus, such that I will have to stop seeing patients if I have any symptoms, or if anyone I live with is self-isolating.

I am also unable to see you for a face to face consultation, if you are categorised as at high risk (clinically extremely vulnerable).

In this instance a telehealth consultation (see below) would be an alternative to a face to face meeting.

If you are at high risk you should have received a letter from the NHS. People who are at high risk include:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor they you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids)

- have a serious heart condition and are pregnant

There are also those people who are at moderate risk from covid-19

A telehealth consultation may be more appropriate than a face to face meeting and this will be determined during the triage conversation.

These include people who are:

- are 70 or older
- are pregnant
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)

Telehealth Consultations:

During the video consultation you will have your history taken and be asked about your symptoms. I may ask you to do some gentle movements to assess your level of pain. If appropriate we will discuss a self-management plan that may include exercises. I have outlined what to expect in the telehealth consultation below.

1. Please make sure you have access to an inbuilt camera and sound before your appointment begins.
2. Your confirmation email will have a link to the video call. I will connect with you at your appointment time.
3. Make sure you have the privacy you need as I will go through your medical history. You are allowed a chaperone.
4. We will check your identity by confirming your name, DOB and address.
5. Please note that a video consultation has its limitations compared to a face-to-face appointment and there may be technical difficulties.
6. If you are happy to proceed, I will take your case history or follow up conversation as with a normal consultation.
7. You will be asked to do some movements to assess your level of pain.
8. You may be asked to press or stretch the part of your body that hurts.
9. We will be able, with your help, to try and diagnose what may be going on and how best to manage it.
10. You may be given some physical exercises or lifestyle changes depending on what the problem is. These will be emailed to you.
11. If the problem warrants a referral to your GP this will be discussed with you.
12. A follow up appointment will be scheduled to check your progress and include other exercises and suggestions, if needed.
13. We are here to help, so email us if needed.