

Instructions for attending Complementary Therapy appointments.

Reflexology patients please ensure you are able to remove your own footwear and do not need assistance to seat yourself on the couch.

Other : Diet/Nutrition/Counselling patients , only one adult patient per appointment.

Before leaving home please ensure you are feeling well, you have taken and recorded your temperature and you have your recorded temperature, a mask and water with you.

To assure and inform patients of my practice being Covid-19 Secure infographics and a completed risk assessment will be displayed.

1. **To minimize risk bathroom facilities will be limited. Urgency only.**
2. **Please do not arrive early for your appointment.**
3. Please wait behind the white line on the path until the front door is opened for you.
4. I will greet you. Please turn off mobile phones etc.
5. On entering the front door you will not need to touch any door handles to enter the surgery where windows will be open for ventilation (weather permitting).
6. **Reflexology.** Sit and remove your socks and shoes and alight the couch behind screen.
7. **Other.** Please sit at the table in front of the screen. I will enter wearing PPE.
8. There will be a table with hand sanitizer, tissues, sealed mask etc this is for your use.
9. **Reflexology.** When you are comfortable on the couch I will enter wearing PPE. Towels (for modesty) and pillows (for comfort) will be available for you to use.
10. Existing patients record will be up-dated to include temperature and reason for visit.
11. New patients case history taken and temperature plus reason for visit recorded.
12. **Other.** Patients hands and all surfaces to be used will be sanitized.
13. **Reflexology.** Treatment will be 45 minutes using medium Grape Seed Oil.
14. **Reflexology.** Treatment completed I will exit surgery to wash my hands.
15. **Reflexology.** Patient will re-dress, discard used tissues/wipes/ gloves in bin provided.
16. **Other.** Appointment will be 1 hour maximum.
17. **Other.** Patient given paperwork & hand sanitizer to use I will exit to wash my hands.
18. Payment methods: cash/cheque in envelope to be left on the table. Or by direct bank transfer (my bank details will be on the table).
19. **I will open all doors for patients to exit.**
20. Further appointments if needed can be made via phone or email.

There will be a 30 minute break between appointments to enable me to effectively clean the surgery and change my uniform.

I regret that some may feel these measures seem a bit “over the top” and that they deter from the holistic and caring nature of my treatment. I can assure all patients that I will endeavour to provide a professional, holistic, caring and effective service within the measures that I have put in place to ensure your and others safety.

THANK YOU FOR YOUR UNDERSTANDING.