

## Optimum health & wellbeing Covid-19 Client Pre-Treatment Risk Assessment

(To be completed before each treatment)

**Date:**

**Client name:**

<b>1</b>	<p><b>Have you ever had Covid-19 (Coronavirus)?</b></p> <p>Did you have a confirmed positive Covid-19 test or were diagnosed as having Coronavirus by a medical professional?          Yes/No          Method of Diagnosis:</p> <p>Please give dates of          Start of Symptoms:          End of Symptoms/ Date fully recovered:          If not fully recovered, please list any remaining symptoms:</p>	<b>Yes / No</b>
<p><b>PLEASE NOTE THAT TREATMENT WILL NOT BE PERMITTED FOR 28 DAYS AFTER INITIAL SYMPTOMS/ DIAGNOSIS OF CORONAVIRUS</b></p>		
<b>2</b>	<p><b>Are you currently exhibiting or have you experienced any of the symptoms of Covid-19 within the last 7 days?</b></p> <p>Symptoms of Covid-19 may include one or more of the following:</p> <ul style="list-style-type: none"> <li>• A high temperature (feel hot to the touch on chest or back)</li> <li>• A new, continuous cough (coughing a lot for more than an hour, or three or more coughing episodes in 24 hours)</li> <li>• Loss or change to sense of smell or taste</li> <li>• New marks, rashes, spots, bumps, or other lesions on the skin or toes</li> </ul>	<b>Yes/No</b>
<b>3</b>	<p><b>Have you had a positive Covid-19 test (either a PCR test or lateral flow test) in the last 14 days?</b></p> <p>Type of test:          Reason for test:          Test result:</p>	<b>Yes /No</b>
<b>4</b>	<p><b>Have you received any Covid-19 vaccinations?</b></p> <p>Type of vaccination(s):          Vaccination date(s):</p> <p style="color: red;"><b>PLEASE NOTE THAT TREATMENT WILL NOT BE PERMITTED FOR 72 HOURS FOLLOWING VACCINATION.</b></p>	<b>Yes /No</b>
<b>5</b>	<p><b>Have you been contacted by NHS Test &amp; Trace and advised to self-isolate in the last 14 days?</b></p> <p>If Yes, please give date of end of advised confinement:</p>	<b>Yes /No</b>
<b>6</b>	<p><b>Has anyone in your household (or extended household) or anyone with whom you have been in close contact over the last 14 days:</b></p> <ul style="list-style-type: none"> <li>- <b>exhibited symptoms of Covid-19 within the last 14 days?</b></li> <li>- <b>been diagnosed with or suspected of having Covid-19 within the last 14 days?</b></li> <li>- <b>been advised by NHS Test &amp; Trace to self-isolate in the last 14 days?</b></li> </ul> <p>If 'Yes', please give date of end of confinement:</p>	<p><b>Yes / No</b></p> <p><b>Yes / No</b></p> <p><b>Yes / No</b></p>

7	Have you returned from travel abroad, or been in close contact with anyone who has returned from travel abroad, within the last 14 days?	Yes / No
8	Do you live in a location where a localised lockdown is currently in place?	Yes / No
9	Have you visited a destination, either in the UK or abroad, with a high infection (“R”) rate in the last 14 days?	Yes / No
<p><b>IF YOU HAVE ANSWERED YES TO QUESTIONS 2-9, UNFORTUNATELY TREATMENT CANNOT BE GIVEN AT THIS TIME. PLEASE CONTACT ME TO DISCUSS WHEN TO REBOOK YOUR TREATMENT.</b></p>		
8	<p><b>Are you, or anyone in your household or extended household, deemed as “clinically vulnerable”?</b> Yes/ No</p> <p>This includes:</p> <ul style="list-style-type: none"> <li>- Over 70s</li> <li>- People with a lung condition that’s not severe (such as asthma, COPD, emphysema or bronchitis)</li> <li>- People who have heart disease (such as heart failure)</li> <li>- People with diabetes</li> <li>- People with chronic kidney disease</li> <li>- People with liver disease</li> <li>- People with conditions affecting the brain or nerves (such as Parkinson’s disease, motor neurone disease, multiple sclerosis or cerebral palsy)</li> <li>- People who have a condition that means they have a high risk of getting infections</li> <li>- People who are taking medicine that affects the immune system (such as low dose steroids)</li> <li>- People who are obese (a BMI of 40 or above)</li> <li>- Pregnant women</li> </ul> <p><b>The Government advice is that people in this category can now follow the advice of the general population, so treatment can take place. However, it is important for me to know if you or anyone in your household falls into this category so I can ensure that extra safety measures are in place when you attend for your session. If you have any questions, please do not hesitate to contact me.</b></p>	Yes/ No
9	<p><b>Have you, or anyone in your household (or extended household), been advised by the Government that you are “clinically extremely vulnerable” and previously advised to shield?</b> (If you were required to shield, you would have received an NHS letter or have been contacted by your GP)</p> <p>This currently includes:</p> <ul style="list-style-type: none"> <li>- Solid organ transplant recipients</li> <li>- People with specific cancers: <ul style="list-style-type: none"> <li>o People with cancer who are undergoing active chemotherapy or radical radiotherapy for lung cancer</li> <li>o People with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment</li> <li>o People having immunotherapy or other continuing antibody treatments for cancer</li> <li>o People having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors</li> <li>o People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs</li> </ul> </li> <li>- People with severe respiratory conditions including all cystic fibrosis, severe asthma and severe Chronic Obstructive Pulmonary Disease (COPD)</li> <li>- People with severe single organ disease (e.g. Liver, Cardio, Renal, Neurological).</li> <li>- People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as Severe Combined Immunodeficiency (SCID), homozygous sickle cell).</li> <li>- People on immunosuppression therapies sufficient to significantly increase risk of infection.</li> <li>- Pregnant women with significant heart disease, congenital or acquired.</li> <li>- Children up to the age of 18 with significant heart disease, congenital or acquired.</li> </ul> <p>In Wales, those classed as “clinically extremely vulnerable” and advised to shield were able to cease shielding on 31<sup>st</sup> March 2021. Clients in this group (or with family members in this group) should now be able to receive treatment, following a full Risk Assessment.</p> <p><b>PLEASE CONTACT ME TO DISCUSS WHETHER TREATMENT WOULD BE APPROPRIATE FOR YOU AT THIS TIME.</b></p>	Yes / No

10	Will you use public transport to travel to your treatment? <b>IF 'YES' AND CLASSED AS "CLINICALLY EXTREMELY VULNERABLE" YOU MAY WISH TO CONSIDER REBOOKING YOUR TREATMENT. PLEASE CONTACT ME TO DISCUSS.</b>	Yes / No
11	Have you been subject to any other situation which might lead to you being exposed to Covid-19? <b>IF 'YES', PLEASE CONTACT ME TO DISCUSS.</b>	Yes / No
12	Do you agree to contact me immediately if you or anyone in your household develops symptoms associated with covid-19 within 7 days of your treatment?	Yes / No