

Advice for therapist during this Covert-19 virus spread.

FICTA advises the following enhanced level of consultation and awareness during this Covid-19 virus spread. This is in the interest of therapists and client safety.

Over the coming days FICTA will continue to provide information that we hope you find helpful.

This is minimum advice for Therapists to help contain and or prevent the transfer of the above infection or any infection.

Overview of a virus. A virus is a germ that can cause disease, it invades living cells and uses their chemical machinery to keep itself alive and to replicate itself.

1. How do we as therapist protect our patients/clients.

- Add an extra element of consultation (triage) to your system. Ring patients before they attend and do the pre consultation (triage) in this manner.
- Ask patients to wait in their car but for them to ring when they arrive.
- You can ring them when you are ready to see them.

2. How do we continue our treatments in a safe way?

- Wash hands before and after all treatments and immediately after treatments following cleaning the work area and before your next patient.
Use pure Natural Soaps with pure Essential Oils (EO).
Use paper towels to dry hands where possible and place in yellow bin or plastic bag for disposable in an appropriate manner for Contagious / contaminated material. **Must be labelled Contagious/ contaminated material and dated.**
If you use any **Material towels (cotton, linen etc)**, they must be replaced after **every single use.**
THEY CANNOT BE USES TWICE OR AGAIN UNTIL THEY HAVE BEEN WASHED.
That means that for every treatment you **require three material towels** for your personal use.
- If you use Towels or any linen for your treatments, these must be handled in the same manner and washed in the same way – a boil wash with **an antiviral** washing powder.
- After each patient leaves, wash your hands, then clean the doorknobs of all doors, the chair, the plinth and any area where the patient placed their clothes and or touched. Remember the Toilets.
- Change all plinth linen after each patient leaves and place in yellow bag for special attention when washing. Use washing soap material that have pure EO in them. Use protective gloves when removing the linen form this bag into washing machine.
- Alter you are finished this routine wash your hands again. Then write up your patients notes and file.
- Replace fresh linen on plinth before next patient and place paper towel over the material.
- Have an air diffuser with EO in your waiting room? Only use 100% essential oils that are high in viral properties.
- Use Natural Soaps that are blended with pure EO. (Fragrances do not always have 100% EO's
- When you are finished your day in the clinic. Shower if possible, at the clinic or immediately you come home. Clean the steering wheel and car doors as you are coming out. Change your clothes, place in washing machine immediately with Natural detergents with EO. Then shower immediately and put on fresh clothes. Make sure your diet is good and wholesome.

3. Disinfectants address Bacteria, Fungus, Parasites, Prion Protein, Helminths and protozoa.

4. Differentiate between social hand hygiene, antiseptic hand hygiene, surgical hand hygiene to include the different mediums used in each area.

5. Germs / Microbes can be spread in many ways; coughing, sneezing, laughing, singing and talking, via personal care items, eating and drinking utensils, water food and air secretions and excretions. All the above include direct and indirect contact. This list is not exhaustive.
6. If you employ other therapists, you must endeavour to keep your employees safe and ensure that they follow correct strict protocol in infection prevention and control of transmission of infections to others. It is your responsibility to create strict policies on infection prevention, control and cross infection control.
7. If you or any of your therapists have been or have been in any of the infected areas (Worldwide) in the last month, it is advisable to self-isolate for at least 14 days from your date of return, in order to prevent cross infection occurring. People need to realize that we are Health Care Professional and we are responsible for the care of our patients.
8. Review all recommendations from the HSE.

Sample hand routine from the WHO <https://www.youtube.com/watch?v=vYwypSLiaTU>

