Health Screening & Informed Consent Policy

Your health, safety and wellbeing are at the heart of every treatment I provide. My aim is to ensure that each appointment is safe, appropriate and tailored to your individual needs.
To achieve this, I follow a health screening and informed consent process before providing treatment.

Health Consultation
Before your first appointment you will be asked to complete a health consultation form. This helps me understand your medical history, current symptoms, treatment goals and any factors that may affect your treatment.

Information may include:

- Current or previous injuries and medical conditions
- Medication and relevant medical treatments
- Recent surgery or hospitalisation
- Allergies or skin sensitivities
- Pregnancy or other relevant health considerations
- Any symptoms or concerns you would like to discuss

Please provide accurate and up to date information and inform me of any changes to your health before subsequent appointments.

All personal and medical information will be handled confidentially in accordance with my Privacy & Data Protection Policy & UK GDPR.

Treatment Suitability
Your health and medical history will be reviewed to determine whether treatment is appropriate.
In some circumstances, treatment may need to be adapted, postponed or avoided. Where necessary, I may recommend seeking advice from your GP or another appropriate healthcare professional before proceeding.
Your safety will always take priority over providing treatment.

Informed Consent
Before treatment begins, I will explain:

- The proposed treatment and techniques
- The areas of the body being treated
- The intended benefits and realistic expectations
- Any relevant risks, possible side effects or discomfort
- Alternative approaches where appropriate

You will have the opportunity to ask questions and discuss any concerns before agreeing to treatment.

Consent is an ongoing process. You may request changes, decline any technique or withdraw your consent at any point during your appointment.

Treatment Specific Consent
Some treatments, including acupuncture and dry needling, involve additional considerations and potential risks.
These will be explained separately and specific informed consent will be obtained before treatment.
Manual lymphatic drainage and sports massage will also be adapted to your individual health needs and any relevant contraindications.

Comfort, Privacy & Dignity
Your comfort and dignity will be respected throughout your appointment.
Appropriate towels and draping will be provided and only the areas required for treatment will be exposed.
Please communicate if your experience discomfort or would prefer a technique to be modified or stopped.

Aftercare & Treatment Responses
Following your appointment, you may be given appropriate aftercare advice, including exercises, movement recommendations or self management strategies.
Some treatments may cause temporary effects such as tenderness, fatigue, mild bruising or soreness.
Any relevant treatment specific side effects and warning signs will be discussed with you.

Your Right to Choose
You are always in control of your treatment decisions.
My role is to provide clear information, professional guidance and an environment where you feel comfortable making informed choices about your care.

Hygiene & Infection Control Policy

Maintaining a clean, hygienic and safe treatment environment is an essential part of my practice.
As a home based therapist I am committed to following appropriate infection prevention and control procedures to protect health and wellbeing for every client.

Treatment Room Cleanliness
My treatment room is maintained as a dedicated, clean and professional space.

- Treatment surfaces and frequently touched equipment are cleaned between appointments
- The treatment couch is cleaned and disinfected using appropriate products
- The room is regularly cleaned and ventilated where appropriate
- Treatment products and equipment are stored safely and hygienically
- Clean towels and linens are provided for each patient

Hand Hygiene
Appropriate hand hygiene is maintained before adn after every treatment.
Hands will also be cleaned whenever necessary during treatment, including before procedures requiring additional infection control procedures.
Any cuts or breaks in the skin will be appropriately covered and suitable personal protective equipment will be used where indicated.

Towels, Linens & Equipment
Fresh towels and linens are used for each appointment.
Used linens are stored separately and laundered appropriately before reuse.
Reusable treatment equipment is cleaned and disinfected in accordance with the manufactures instructions and relevant infection control guidance.

Acupuncture & Dry Needling Safety
Additional infection prevention procedures are followed for treatment involving needles.
These include:

- Using sterile, single use acupuncture needles
- Maintaining appropriate hand hygiene and skin preparation
- Following safe needling and clean technique procedures
- Never reusing needles
- Disposing of used needles immediately into an approved sharps container
- Arranging appropriate disposal of clinical waste and sharps through authorised services

Needling procedures are carried out in accordance with relevant professional standards, training and applicable local requirements

Illness & Infectious Conditions
To protect patients and maintain a safe treatment environment, I kindly ask that you contact me before your appointment if you are experiencing symptoms of a potentially contagious illness:
Examples include:

- Fever or flu like symptoms
- Vomiting or diarrhoea
- Contagious skin infection
- Other infectious conditions that may affect treatment safety

Appointments may need to be postponed until it is appropriate to proceed.

If I am unwell and unable to provide treatment safely, I will contact you to rearrange your appointment.

Skin Integrity & Treatment Safety
Before treatment the skin will be assessed where relevant for wounds, infections, inflammation , bruising or other concerns.
Treatment may be modified or avoided over affected areas to reduce the risk of infection or further irritation.

Waste Disposal
General waste, contaminated materials and clinical sharps are handled and disposed of appropriately.
Needles and other sharps are never poached in ordinary household waste.

Ongoing Standards
I regularly review my hygiene and infection control procedures to maintain a safe, comfortable and professional treatment environment.