



# College of Osteopaths Infection Control Policy

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## Infection Control Policy

### Classrooms and Clinics – Effective 1<sup>st</sup> September 2024

Effective Infection control is paramount to running safe classrooms and clinics. As students and tutors in health care, you have a duty of care to each other and the public to reduce the risk of infection throughout college buildings and those not owned but used by the College.

### Infectious Illnesses

Respiratory, gastrointestinal and skin infections are the most common infections that may affect an Osteopaths ability to practice. It is important that staff and students take all precautions to protect others until their health improves. It's also important that you look after yourself until you are better.

If anyone in your household or those you have had close contact with develop any of the childhood illnesses for example, chickenpox, measles, mumps, meningitis (this list is not exhaustive), do not attend class or clinic until you have sought advice from the Clinic Operations Manager.

### Signs and Symptoms

If you have any signs and/or symptoms of a respiratory, gastrointestinal or skin infection, do not attend class or clinic until you have sought advice from the Clinic Operations Manager. Signs and symptoms would also include a raised temperature.

If you have had diarrhoea or vomiting, you **must not** attend the classroom or clinic until you have been **symptom free for at least 48 hours**.

### Feeling Unwell

**If you are feeling unwell, please do not attend the classroom or clinic**

**If you are due into clinic or at a teaching weekend and are unwell, please let us know via the usual channels you will not be attending.**

### PPE

The use of PPE in the classroom and clinic environment has been reviewed for Autumn 2024.

### Mask Use:

Masks are not routinely required during treatment apart from in the following circumstances:

- The student, tutor, patient or model patient wishes to wear one
- The patient or model patient wants all people involved in their treatment to wear one. This includes observing students
- The student, tutor, patient or model patient has a non-infectious cough

All patients and model patients must be given the opportunity to wear a mask during their consultation and treatment. Reception teams are to offer patients a mask on arrival at clinic.

### Disposable Aprons

The wearing of these is now optional. Given the close nature of Osteopathic treatment you may wish to wear them to protect your clothing.

**Disposable Gloves** The wearing of gloves is only compulsory if you are examining the nose or mouth, the patient has broken skin in an area you are likely to come into contact with, or you have broken skin on your hands.

**Gloves and aprons must be removed and put in the bin before you leave the consulting room.**

### Mitigation in clinics

Many of the mitigations put in place during the COVID pandemic are valuable in reducing transmission of various types of infection, so we have kept these in place.

Our teaching venues will have their own mitigations in place. Please follow guidelines published by them.

**Hand hygiene** Please wash your hands regularly with soap and water. Soap and water must be used before and after patient/model treatment. Hand gel is available, for sanitisation of clean hands in between washing them.

**Clinical wipes** Hard surface disinfecting wipes are to be used to wipe down all touch points in the clinic. Please wipe down couches, desks, door plates/handles, light switches and clinical equipment before and after treatment and after touching them in communal areas.

**Ventilation** Windows are to be opened in areas that have them. Opening high windows where possible will ventilate the area without chilling the occupants too much. We appreciate during Winter it may be cold, so we have auxiliary heating which can be used if necessary.

**HEPA filters** There are Dyson HEPA filters in areas that either do not have windows or are rooms where several people may congregate. These must be on the whole time the clinic is occupied. For them to work correctly the doors must be shut.

**Social distancing** Please use all the rooms available to you, to maintain as much distance as possible between yourselves and others.

Following the Infection Control Policy is crucial in complying with the Osteopathic Practice Standards. It also helps us keep everyone using the classrooms and clinics safe