

Covid-19, Clinic Re-opening

*Manifesto*



# *Thank you*

for being so patient

I want to say a big THANK YOU for being so patient in awaiting treatment, whilst my clinic doors have been closed. I would also like to welcome any of you who are new to my clinic.

As I will soon to be resuming practice, I want to assure you that I have considered every measure to ensure your safety. This manifesto details the intricate steps I have taken and will continue to take until this pandemic is more under control. To ensure both your and my safety, I have completed a 12 day course on Infection Prevention and Control to gain the skills and competence in prevention and control of infection in occupational, residential and domestic settings.

It is and has always been a priority that my clinic be a welcoming, healing and nurturing space for you to come and escape the world. This has not changed but there will be a few changes that require your attention prior to your next booking at Inner Light Acupuncture.

These are detailed in this document so please ensure you read them thoroughly, for your own safety and for the safety of the community.

It is to the clinics benefit that I am petite and tucked away and that my space is not shared with any other practitioners. Treatments will now be spaced further apart, to allow for cleaning and ventilation of room after each patient.

Rest assured, I am doing everything I can to make you feel safe but also have a restful and restorative experience.

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# *Key Steps Taken*

1

## *Remote Consultations*

When possible these will be done prior to attending the clinic for a treatment at an agreed time and will normally be one or two days in advance of the treatment. This is to minimise the time you spend in my clinic.

3

## *Soap & Disinfectant*

As has always been, I wash my hand to a professional, clinical standard prior to any physical contact and again immediatly after. Gloves won't be worn during treatment unless you would prefer that I do wear gloves. You will be asked to sanitize your hands on arrival and again on departure.

5

## *Masks for you and I*

I will be wearing a mask on arrival and I ask that you bring your own and have it on at arrival.

7

## *Clothes*

I will have specially dedicated clothes and for clinic use only that are cleaned and disinfected on a daily basis.

2

## *Treatment Spacing*

I will be spacing treatments out allowing plenty of time between treatments to be sure you don't encounter anyone on arrival and to allow for cleaning and ventillation of the clinic room. Please allow me to open all doors for you on arrival and exit. But rest assured that all doors and handles are disinfected after each patient.

4

## *Soft Furnishings*

All soft furnishings in clinic are now disposable or wipeable to ensure all items/surfaces can be disinfected between treatments. You will be asked to bring two large towels with you in a plastic bag to be used as personal blankets.

6

## *Pre-treatment screening check*

Every patient must fill out and sign apre-treatment screening check and bring it with them on the day of treatment. Pre-screening is now a public health recommendation for patients prior to attending for treatment. This measure is an effort to minimise the risk of the spread of COVID-19 within our communities.

7

## *Ventillation*

The treatment room will be fully ventillated between each patient.

*Golden Tips...*

## Before and during treatment

01.

## CHECK SYMPTOMS

Do you have a cough or fever? You will be sent a reminder text 24 hours before your appointment to ensure you are fit and well.

02.

## BATHROOM

The bathroom is still open for use however I encourage you to use your own bathroom before and after treatment.

03.

## WAIT IN CAR

Once you have parked your car please call me and I will open the door to let you in.

04.

## WASH + DISINFECT

On arrival please use the hand sanitiser to wash your hands. I will also take your temperature digitally.

05.

## MASK

Out of courtesy, I ask that you wear a mask at all times whilst in the clinic until we get further guidelines on this from GOV / WHO. Please bring your own mask when possible.

06.

## PERSONAL ITEMS

Please limit the personal items you bring with you to clinic. These will be placed in a sanitized plastic container inside the door to limit items being brought into the clinic treatment room.

07.

## HIGH RISK PATIENTS

I will still be seeing all patients so if you are a high-risk patient (pregnant, elderly, chronic health issues) I ask that you be extra vigilant in your self-assessment of symptoms.

08.

## COUGHS &amp; SNEEZES

Please adhere to good hygiene practice and cough and sneeze into your elbow to avoid spreading of germs.

09.

## WATER

I recommend that you bring your own bottle of water should you need to drink during your treatment. I have paper cups and can provide you with water if necessary.

10.

## PAYMENT

You may pay by cheque or cash on the day of treatment. If you wish to pay electronically, payment must be paid in advance using the Revolut App on your phone. Please ask if you need guidance on this before the day of your appointment.

I want to ensure that you feel that your health and safety is catered for from the moment you book your appointment to the moment you walk out of the door. If there is anything I can do in advance of your treatment please don't hesitate to contact me.

*I look forward to seeing you soon in clinic.*