

COVID-19 guidance for Registrants: Additional advice on preparing to return to work for ‘hands-on’ therapies

19 June 2020

CNHC published advice on 29 May 2020 on preparing to return to work when it is safe to do so. The advice applies to **all** CNHC Registrant and can be found [here](#).

The additional advice in this document applies specifically to Registrants practising “hands-on” therapies and covers the use of Personal Protective Equipment.

1. Use of Personal Protective Equipment (PPE)

1.1. In deciding what PPE to wear when carrying out ‘hands-on treatment’ Registrants should adhere to the latest Government guidance on the use of PPE in primary care settings. This is summarised in Table 2 of the Public Health England’s *COVID-19: infection prevention and control guidance*, which can be found [here](#).

Please note this guidance is updated from time to time, so we recommend you check it on a regular basis.

1.2. It is for each Registrant to decide what type of PPE is appropriate in accordance with the Government guidelines. This will depend on the discipline they are practising, the specific treatment being delivered, and where the treatment is carried out.

1.3. Questions to consider are:

- Is the treatment being delivered in the Registrant’s home or in a client’s home? Additional PPE might be advisable in these settings.
- Does the therapy involve an aerosol generating procedure (AGP)? If this is the case, a full face-shield must be worn.
- Whether the PPE is for single or sessional use? Gloves and aprons should always be single use only.
- Should the client wear a face mask or any other items of PPE? This might be appropriate if the treatment is being delivered within close face to face proximity.

2. The correct procedure for putting on and removing PPE

2.1. The correct order for putting on (donning) and removing PPE (doffing) is as follows:

- For [AGPs](#)
- For [non-AGPs](#).

3. Hand hygiene procedure

- 3.1. Best practice on using alcohol rub hand sanitiser can be found [here](#).
- 3.2. Best practice on hand washing can be found [here](#).
- 3.3. Hand hygiene should extend to include washing of exposed forearms.

4. Client's clothing

- 4.1. Ensure you have a lidded container where clients can place their clothing and belongings during treatment, where appropriate. Ideally use a foot pedal bin.
- 4.2. Sterilise this container between clients, including any handle and any areas touched by the client.

5. Cleaning or disposal of uniform, treatment tabards and aprons

- 5.1. If items are disposable, dispose of safely by placing in sealed plastic bag.
- 5.2. If items are washable, place in sealed laundry bag and wash at a minimum 60°C washing machine cycle

6. Additional safety measures

- 6.2. Do not use clinical tools or implements when providing hands-on treatment.
- 6.3. Avoid touching the client's face during the treatment – you may need to adapt your practice to do so.

7. Additional measures to support client comfort and safety

- 7.1. You may need to adapt client position if the client is wearing a mask. For example, clients may be more comfortable lying on their side rather than on their back.

Contact us

If you have any questions relating to this advice you can contact us by email at info@cnhc.org.uk

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