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310701	<p>I am in a bit of a predicament as I flew to Spain to see family on the 25th July and the new rules on self-isolation then came into being.</p> <p>I have researched a lot and it says if you are an essential worker you do not have to quarantine. I have a flight back soon so I was wondering if you could advise as to if we are or not.</p>	Returning from abroad	<p>The Government advice regarding quarantine for healthcare workers changed last night (30 July) and this can be found here: https://www.gov.uk/government/news/health-and-care-workers-to-self-isolate-on-return-to-uk-from-high-risk-countries</p> <p>Previously we had advised members to carry proof of their 'regulated healthcare professional' status when leaving the country, in order to avoid quarantine on return. Now that this dispensation has been withdrawn, we would advise members to think carefully about travelling abroad when the rules on return and quarantine are being constantly updated and revised.</p>
310702	<p>We have been asked for someone who returns from a country and has to quarantine for 14 days, if they were to test negative for COVID after 5 days, could they then return to work? The figure of 5 is a random number but it could be 7 quite as easily. I guess it is probably to do with a suspected incubation period. Our joint profession group of private practitioners is concerned that they have to wait 14 days or if they had a negative test before that time could they work?</p>	Quarantine	<p>We have received this from Public Health England, through our ARMA membership:</p> <p><i>The 14 day period is set because the incubation period can be as long as 14 days, therefore someone could potentially test negative at day 5 and then become positive on any of the subsequent days up to day 14.</i></p> <p><i>Kind regards</i></p> <p><i>Linda Hindle</i> <i>Deputy Chief AHP Officer for England</i></p>
310703	<p>The Government has just announced local lockdown changes in Greater Manchester, East Lancashire and West Yorkshire. Has BCA advice changed for these areas?</p>	Local lockdown	<p>In late June, local lockdown arrangements were announced for Leicester, some of which still apply. At the time we gave advice to those affected in the area, which we are now repeating for the areas announced yesterday.</p> <p>Local restrictions may apply to other parts of the UK over the coming months and there have already been indications that other towns and</p>

			<p>cities are being considered for local lockdowns, as well as those already mentioned..</p> <p>We do not intend to give advice on a city-by-city or region-by-region basis, as we consider it likely that the situation will remain fluid and be subject to local variations and changes during this period. In these towns and metropolitan areas for example, people who live and work on either side of the lockdown boundaries, or whose patients/customers are similarly dispersed, now have additional factors to consider in their risk assessments. However, should significant restrictions apply more widely, such as for an entire region or nation, we will consider giving further advice using our BCA 1, 2 and 3 measures.</p> <p>We are advising in these cases of local lockdown, members should exercise clinical/professional judgement in deciding how to proceed, following carefully the guidance issued by the local Director of Public Health.</p> <p>https://www.gov.uk/guidance/north-west-of-england-local-restrictions-what-you-can-and-cannot-do</p>
310704	My patient is due to have surgery in the coming weeks, are they able to attend their appointment?	Planned care	<p>This NICE guidance, released on Monday 27th July, outlines who should be self-isolating before planned care in hospitals and diagnostic services: https://www.nice.org.uk/guidance/ng179</p>
310705	Could you just confirm the latest information regarding what to do with contaminated PPE waste please?	Contaminated PPE	<p>You can find advice and information on PPE and waste disposal on our webpage: https://chiropractic-uk.co.uk/ppafaqs/</p>
310706	Your previous advice was to 'triage' a new patient over the phone prior to their appointment with taking their case history over the phone. This was to reduce contact time.	Telehealth and triage	<p>The phone triage approach is an effective way to reduce the amount of direct contact with patients, but we appreciate that this process takes time and involves further administration. If you are finding this a difficult process to accommodate for all new patients in your clinic, you may wish to change your approach and conduct new patient appointments entirely</p>

Whilst we, of course, ask patients information about Covid-19 etc, we are finding it extremely difficult to find time in our diaries to call new patients to take their case history. This can take 15-30mins and we often have to try several times to get hold of them or don't get hold of them at all. It then reflects badly on us as practitioners as we haven't fulfilled the guidelines of which that patient was instructed would happen prior to their appointment.

At present they are sent registration forms which include a consent form, a Covid-19 consent form and a Covid-19 poster via email. They then receive a care response email. We are reluctant to send out any further emails or forms asking for details on their history.

What is the current BCA stance please on triaging new patients and whether this is still necessary? Our clinics are very busy now and, with the longer treatment times for patients to allow for cleaning, the triage calls are just another difficult process to add to our days.

Our reception staff have not fully returned either, as is with other clinics, adding again to the huge amount of admin.

I would be really grateful for your advice.

in person. When conducting appointments face to face you we advise that you maintain social distancing when possible and that you follow all PHE guidance on PPE use.

For details and updates from the BCA on COVID-19, visit the [Coronavirus Information Hub](#) in the member area

Please note that all answers in FAQs were relevant on the date of publication. The links included in the responses should always be consulted to review the latest situation in any of the areas covered, the current guidance and advice changes daily in this fast-moving situation.