

# COVID-19

## Personal Protective Equipment (PPE) and physiotherapy practice

This infographic is intended to help CSP members make an informed decision on what PPE they need to wear when working in direct (non-virtual) contact with patients in any setting. It will be revised as more data emerges. Members are required to exercise their own clinical judgment when undertaking a risk-assessment to determine the anticipated/likely risk of contamination with splashes and/or droplets of body fluids and thus the need for eye protection.




**1 Patient status**

You must establish the status of your patient. Do this remotely from the patient if possible.

**For example:**

- A screening phone call (primary/community care)
- Ward staff handover (in-patients).



**Patient status unknown**

If you cannot establish patient status and you will be within <2m of the patient you must wear:

- > Fluid resistant surgical mask
- > Plastic apron
- > Eye protection
- > Gloves.

**Patient is NOT a current or confirmed COVID-19 case and care is delivered within <2m**

- > Gloves and plastic apron must be worn at all times
- > Risk assess the need for a fluid-resistant surgical mask and eye protection.
- If you undertake any Aerosol generating procedure (AGP)\*\* including and/or inducing cough:
  - > FFP3 mask
  - > Fluid resistant gown
  - > Eye protection
  - > Gloves.



**COVID-19 diagnosed or suspected in patient**

- The extent of the PPE required depends on consultation need, intention of treatment, and treatment setting. Follow the flow chart to find out more.

For detailed guidance see the charts on Public Health England's website: [www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control)

- Patient use of PPE
- > Fluid resistant surgical mask should be worn in clinical, communal waiting areas and during transport if tolerated and does not compromise care.

**Shielded vulnerable people (either patient OR a member of your patient's household) in any setting**

- You must wear the following:
  - > Surgical mask
  - > Plastic apron
  - > Gloves
- If you undertake any Aerosol generating procedure:
  - > FFP3 mask
  - > Fluid resistant gown
  - > Eye protection
  - > Gloves.

**2 Consultation need**

Why are you providing physiotherapy intervention?

**Urgent and/or essential treatment**

- Is a virtual consultation possible?

**Yes**

- > No PPE required.

**Routine and/or non-essential treatment**

- Treat using virtual digital consultation
- No PPE required.

**No**


- > PPE required will depend on intention of treatment, and treatment setting.

**3 Intention of treatment**

What is the purpose of your physiotherapy intervention?

**Respiratory physiotherapy which includes AGPs including and/or inducing cough - in any setting**

- > FFP3 mask
- > Fluid resistant gown
- > Eye protection
- > Gloves.



**Other physiotherapy and rehabilitation**


- > Does planned treatment include AGPs and/or induce cough in patients?

**Yes - in any setting**

- > FFP3 mask
- > Fluid resistant gown
- > Eye protection
- > Gloves.

**No - for care delivered within <2m**

- > Fluid resistant surgical mask
- > Plastic apron
- > Eye protection
- > Gloves.




**4 Treatment setting**

Where are you delivering your physiotherapy intervention?

*Full list of settings in PHE guidance.*

**Acute hospital higher risk departments: ITU /HDU/ED Resus areas, wards using NIV, any areas where AGPs are used:**

- > FFP3 mask
- > Fluid resistant gown (sessional) and plastic apron (single use)
- > Eye protection
- > Gloves.



**Acute ED and assessment units and other in-patient areas with COVID-19 patients**

**Within <2m and no AGPs**

- > Fluid resistant surgical mask
- > Plastic apron
- > Eye protection
- > Gloves.

**Greater than >2m**

- > Fluid resistant surgical mask
- > Risk assess for eye protection.

**Primary care, ambulatory care, out-patient departments and community care**

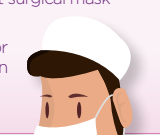
**Within <2m and no AGPs**

- > Fluid resistant surgical mask
- > Plastic apron
- > Eye protection
- > Gloves.

**Patients' own home where any member of the household is diagnosed with suspected COVID-19; care homes, mental health in-patient settings, other overnight care facilities with confirmed cases:**

**Within <2m and no AGPs**

- > Fluid resistant surgical mask
- > Plastic apron
- > Risk assess for eye protection
- > Gloves.



\*\* Aerosol generating procedures (AGPs) as defined in PHE guidance are subject to review. Physiotherapy AGPs are defined in the Science Direct reference.

**References**

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control> Updated 5th April 2020

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe> Updated 5th April 2020

<https://www.sciencedirect.com/science/article/abs/pii/S0360132305002726>

