

## FAQ Following Returning to Play Therapy Practice During the Covid-19 Pandemic Webinars.

(Please note this FQA is a supplement to the FQA published on 20/08/20)

### **Q1: When we work in more than one school / organisation should I inform the other school if I am contacted by NHS Track and Trace service and informed someone, I have been in close contact with has tested positive of Covid-19?**

Gov.UK guidance NHS Test and Trace: how it works. <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Part 2 of the Gov.uk guidance states: if you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive for coronavirus this is the procedure.

1. alert: you will be alerted by the NHS Test and Trace service if you have been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS Test and Trace website, which is normally the easiest way for you and the service to communicate with each other – but, if not, a trained call handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will be asked to give permission for the call to continue
2. isolate: you will be told to begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 14 days. Your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with you at home
3. test if needed: if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must [get a test to check if you have coronavirus](#) or call 119 if you have no internet access. If your test is positive, you must continue to stay at home for at least 10 days and we will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.

### **Q2: Playdoh, can we use playdoh within clinical sessions?**

Play doh can be used similar to Clay, clients should have their own playdoh and it should not be shared by clients or recycled.

### **Q3: Mirroring clients should we have separate resources?**

Consider the sharing of resources on your risk assessment to determine if the risk of sharing is high. Where you have put adequate measures in place such as handwashing and the use of anti-bac prior to the session you might decide to share resources. Alternatively, you may have additional resources which you could use during the session, be mindful clients might want to use all the resources and ethically we would not want the client to feel unable to.

Consider on your risk assessment how you could adapt mirroring using resources such as using puppets; holding the outside of the puppet rather than putting your hand inside the puppet, alternatively use just your hand to mirror the puppet play energy.

**Q4: I am a cert trainee and returning to work with existing clients, what do we do if my existing clients SDQ score has gone up over 21.**

Discuss this with your Clinical Supervisor and Course Director.

**Q5: Can we use a UV lamp to clean resources?**

The UV lamp is not effective, the **UV-C** light under the right conditions is reported to be the only UV light that has effectively tested to inactivate viruses and kill bacteria, according to several studies, Illuminating Engineers Society (April 2020) report. Care should be taken when using UV-C lights by following manufactures guidelines at all times. Use of UV-C lamps should be included on your risk assessment document.

**Q6: Can the new parent permission form be found on ALM's?**

Covid-19 Parent Permission form can be found in the Certificate and Diploma resource area.

**Q7: Can I wear a visor?**

The following gov.uk guidance which can be found at

<http://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own> states:

A face covering should:

- cover your nose and mouth while allowing you to breathe comfortably.
- fit comfortably but securely against the side of the face.
- be secured to the head with ties or ear loops.
- be made of a material that you find to be comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used).
- unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged.

When wearing a face covering you should:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on.
- avoid wearing on your neck or forehead.
- avoid touching the part of the face covering in contact with your mouth and nose, as it could be contaminated with the virus.
- change the face covering if it becomes damp or if you've touched it.
- avoid taking it off and putting it back on a lot in quick succession (for example, when leaving and entering shops on a high street).

When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing.
- only handle the straps, ties or clips.

- do not give it to someone else to use.
- if single-use, dispose of it carefully in a residual waste bin and do not recycle.
- if reusable, wash it in line with manufacturer's instructions at the highest temperature appropriate for the fabric.
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed.

If you feel unable to wear a face covering due to underlying health conditions and are not able to maintain social distancing of 2 metres, contact your Public Liability Indemnity Insurers for advice on wearing a visor, which should be included on your risk assessment.

**Resources discussed during the webinar:**

Face coverings with vision panel ideal for hearing impaired therapists and clients.



Worry Monsters & Puppets from Knit of Nowt <https://www.knitfornowt.org/>



Link for Social Stories to help prepare clients for returning to practice.

<https://www.covid19.autism-society.org/>