

COVID-19 Clinical Guidelines for AARP Practicing Nutritionists – Revised Aug 2020



1. While Stage 2 or above COVID-19 restrictions are in place in your State or Territory, it is AARP's position that all consultations need to be conducted via Telehealth using a secure online platform or where this is not possible, by telephone. During Stage 1 restrictions, it is AARP's preference that where appropriate, you provide Telehealth consultations for clients. You are reminded that any online or telephone consultations are subject to the same high standards of record keeping, receipting, ethical conduct & professionalism as any physical face-to-face consultation. See www.aarpn.com.

2. Protocol for face-to-face consultations during Stage 1 COVID-19 restrictions. Use the 'Health Direct' free online Coronavirus (COVID-19) Symptom Checker to screen clients before accepting a face-to-face appointment.

<https://www.healthdirect.gov.au/symptom-checker/tool/basic-details>

3. Do not conduct face-to-face consults with clients whom have or have been in recent contact with someone that has:

- Acute respiratory distress
- Anosmia (change/loss in smell)
- Arthralgia (joint pain)
- Cough
- Diarrhoea
- Dysgeusia (change/loss in taste)
- Fatigue
- Fever
- Headache
- Loss of appetite
- Muscle aches
- Nausea/Vomiting
- Rhinorrhoea (runny nose)
- Shortness of breath
- Sore throat
- Raised body temperature
- Recently returned from overseas
- Covid-19

4. Check healthy potential face-to-face clients for exposure to high-risk environments including Aged care & other residential facilities; Boarding schools; Childcare Centres; Correctional facilities; Detention Centres; Schools, Universities, Colleges; Military; Group residential or other closed setting; Remote industrial sites with accommodation (e.g. mining). Decide if face-to-face appointment is appropriate based on Government advice & Covid-19 clusters in your State or Territory.

5. At all times, maintain the social distancing requirements applicable to your State or Territory in your waiting areas and during consultations. Use appropriate PPE equipment in accordance with Government requirements in your State or Territory, such as gloves and a minimum of TGA approved Level 3 facemask. Change gloves & face mask for each consultation.

6. Provide hand sanitiser at your entrance & in your clinic rooms with signage requiring clients to sanitise hands.

7. Sanitise your own hands before & after a client consultation.

8. Disinfect clinic surfaces & equipment between clients.

9. Do not consult face-to-face with clients if you have or have been in recent contact with a person that has any of the symptoms in point 3.

10. Do not make treatment claims in respect of COVID-19.

INFECTION CONTROL

We encourage all members to undertake the free online COVID-19 infection control training provided by the



Australian Government, Department of Health.

<https://www.health.gov.au/resources/apps-and-tools/covid-19-infection-control-training>

Further infection prevention & control training can be accessed from the **Australian Commission on Safety and Quality in Health Care** e-learning modules.

<https://nhhi.southrock.com/cgi-bin-secure/Home.cgi?msecs=a90cf0ad06431bd7522707f4fd937c9e&>

For Infection Control CPE credit, please forward your certificates of completion direct to admin@aarpn.com.