Lone working policy and risk assessment

As the sole member of Birdsong Yoga Physio, it is important that I take into account safe working practices when working as the sole health care professional with individuals or groups of individuals.

The Standard Operation Procedure for home visits will be that Yvonne will share (with permission) client’s home address with her family member. She will text family member on arrival at client’s home with estimated time of departure (ETD), and again when departing. If Yvonne has not texted within 1 hr of ETD, family member to call Yvonne’s mobile.

If there is no reply, the family member will arrange a visit to the property, either themselves or by involving the local authorities.

This individual risk assessment will be considered prior to attending a home visit.

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| Risk | How to mitigate | Risk matrix level ( using NHS Risk Matrix tool) |
| Violence and aggression from client/family member | ● Share with client lone working policy and gain consent for address to be shared with Yvonne’s family member prior to visiting  ● Ensure Yvonne’s family member is buddy system – see SOP above | Low |
| Physical injury/sudden deterioration of the client | ● Yvonne to have client’s CPR, and emergency contact details (and advanced care plan if appropriate)  ● Personal health responsibility declaration signed by client | Low |
| Physical injury to Yvonne | ● Yvonne’s NOK contact stored as ICE in her mobile phone in case authorities need it | Low |
| Vulnerable person at risk/safeguarding concern identified | ● Follow NHS Protection of Vulnerable Adults/Children policy | Low |