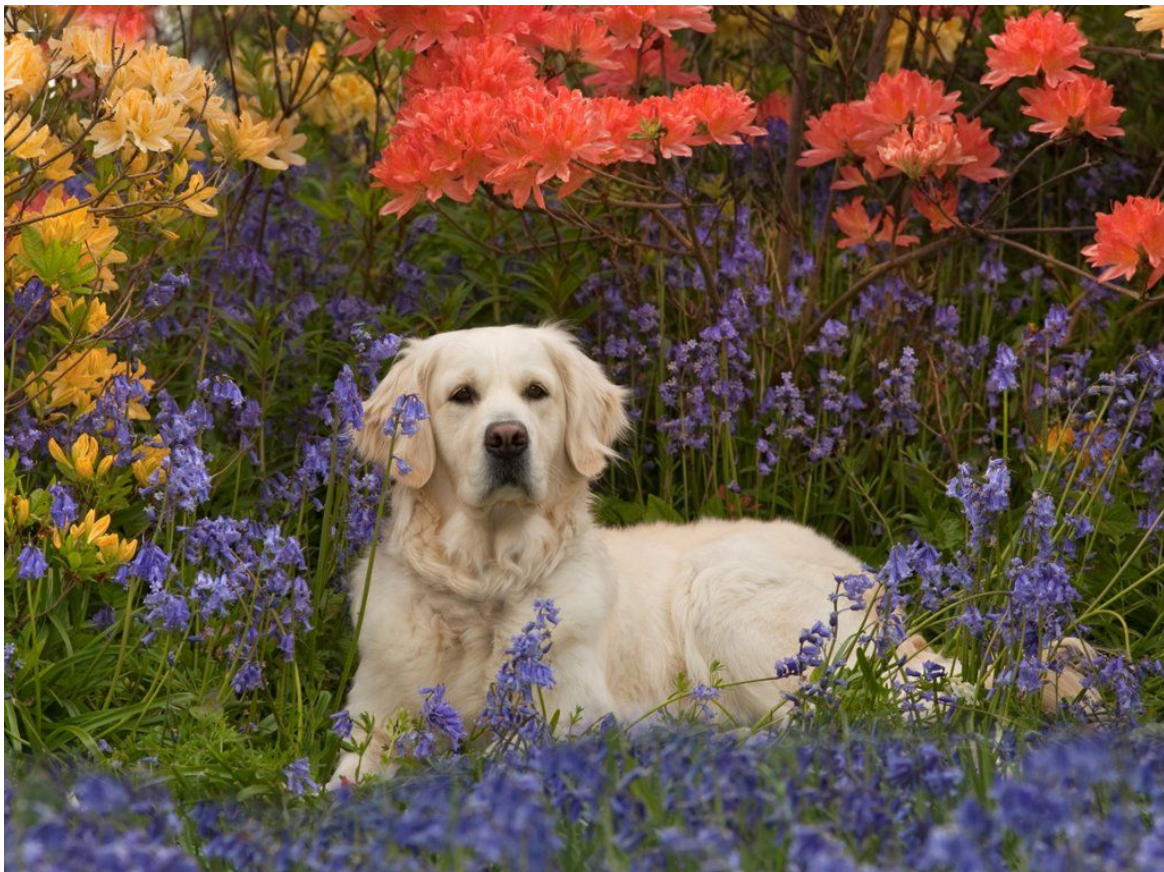




LATE SPRING 2021 NEWSLETTER



Welcome to the NARCH late Spring Newsletter. A year ago we were all struggling with the first COVID-19 lockdown and despite the unseasonal warm and sunny weather last May, the shadow of COVID had touched us all.

Fast forward to May 2021 and whilst we may not have had the benefit of warm sunny weather just yet, the COVID-19 vaccine rollout is well advanced and having a positive effect upon helping us slowly come out of lockdown and get back to a more normal way of life. By now the majority of you will have re-opened your centres to all rehabilitation and fitness clients.

The NARCH 2020 AGM took place on Sunday 7th February 2021 as a ZOOM meeting, online. This was the first time that we had held our AGM as an online meeting, due to the obvious difficulties of holding an attendance based AGM during a COVID lockdown. The meeting was well attended online and once the formal business of the AGM had been dealt with, we opened up the meeting for a very productive and useful question and answer session.

NARCH Education Seminar and AGM 2021

We had hoped to hold our usual attendance based seminar this year, preceded by the NARCH 2021 AGM in October, but have now taken the early decision not to go ahead with this event. The virus continues to dominate our news headlines and we therefore felt we should put in place an online alternative in 2021. We will be offering all RCHs the opportunity to attend a sequence of live, online education meetings over the remainder of the year, where specific topics will be covered by a speaker, followed by question and answer sessions. RCHs will need to pre-register for a specific meeting and then attend the online meeting in order to receive a CPD certificate of attendance. We aim to offer some, if not all, of these live, online meetings at nil cost to NARCH members.



Further details of these live, online education meetings will be sent out to all RCHs by email in the coming months, with full instructions on how to pre-register.

The provisional date for the **NARCH AGM 2021 is Sunday 21st November 2021 at 11.00 am** and this will be an online meeting using the ZOOM platform. Please put this provisional date in your diary and look out for further details in the future.

First Aid Refresher Courses



We have carried out a quick review of attendance based first aid refresher courses available in the coming months. Due to all the difficulties associated with running courses at the moment, there appear to be very few courses available, although this may well change.

Therefore, up to 1st October 2021, if NARCH members are unable to attend a first aid refresher course that meets NARCH requirements, they will be able to do an online first aid refresher course meeting NARCH requirements, irrespective of whether their previous refresher was attendance or online.

Please do visit the first aid guidance document held in the [Resource Library](#) of the NARCH website, which provides a list of online first aid refresher course providers meeting NARCH requirements.

Pool Water Management



A common question often asked by NARCH members is “Is there an alternative to chlorine and bromine for water disinfection?” NARCH asked PWTAG experts and received this response:

“For disinfection purposes, chlorine is one of the most widely used disinfectants because it is very effective in the deactivation and killing of pathogenic microorganisms. Chlorine has played an important role in expanding the life-expectancy of humans all around the World. Chlorine has been widely used for the deactivation of pathogens in drinking water, swimming pool water, and wastewater. Many people claim an intolerance to chlorine and yet most drinking water uses chlorine as a disinfectant to make it safe to drink. Invariably people's intolerance to chlorine in swimming pool water is when the application of chlorine is incorrect. All the chlorine species are not equally effective for disinfection purposes. The most effective disinfectant in the chlorine family is Hypochlorous acid (HOCL). It is hypochlorous acid which is the active ingredient in swimming pool disinfection.

Hypochlorous acid is found naturally in white blood cells of mammals, including the human body. It is non-toxic and has been used as a safe wound care solution for many years. When dissolved in water, hypochlorous acid water has been found to have strong disinfection properties, combined with its non-toxicity characteristics, it has been identified as an ideal cleaning agent and disinfectant. It has been identified by the US Environmental Protection Agency as a disinfectant effective against COVID-19, backed by clinical studies.

For all sorts of reasons, there is a demand for public pools without chlorine – smell, irritation, possible toxic byproducts, etc. Bromine does not satisfy that need, as it is

no less problematic. And as the section on ‘new treatments’ on page 104 of the PWTAG publication “Swimming Pool Water” makes clear that products based on things like copper and magnets are not suitable disinfectants for public pools. A more realistic approach is to aim for whatever allows minimal use of chlorine and minimal production of irritant byproducts. So that means good design, management, and maintenance; pre-swim hygiene; avoiding excessive bather loads; and PWTAG recommends the use of secondary disinfection in public pools also, usually UV.”

SOAP Notes

A year ago the NARCH committee set a deadline of 1st April 2021 by which time all patient notes must be written following the SOAP notes format, as used by the veterinary profession. Following this format means that all centres will be able to show clear clinical reasoning in their patient notes. SOAP is an acronym: S- Subjective, O-Objective, A-Analysis, P-Plan.

If any RCH is still unclear about SOAP notes, then please visit the [Resource Library](#) where there is a SOAP Presentation video (mp4 format) and a pdf document entitled Presentation Slides for Note Taking, to assist you.



During all attendance based audits (when we are able to re-start these) and when completing a correspondence based Self-Audit, our Auditors will be looking at patient treatment notes, focusing on SOAP notes format.

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