

BEFORE THE CONSULTATION

	Yes/No
Have you risk assessed carefully and thoroughly?	
Is this an appropriate and safe way of assessing / consulting with your patient?	
Do you have access to a telephone (or a second phone in telephone consultations)? In the event of an emergency, this will enable you to call for help while maintaining contact with the patient and/or their family or carers.	
Do you have emergency contact details for the patient and/or a family member or carer?	
Are you aware of your organisation's medical event protocol ?	

DURING THE CONSULTATION

	Yes/No
Are there any red flags or signs of serious pathology? Have a plan for dealing with these.	
Does the patient have support from a family member or carer ? They can help to steady the patient, watch out for environmental hazards or provide standby assistance.	
Does the patient (or their family member or carer) have a phone within easy reach?	
Is the patient aware of their surroundings and the importance of safety?	
If using a video consultation, have you visually checked the environment for potential obstacles and trip hazards?	
Is the floor surface safe for exercising / walking on? (e.g. hardwood, vinyl or low pile carpet)	
Is there sufficient space in the room for safely carrying out the exercises you have planned?	
Does the patient have access to a firm surface such as a dining chair or sideboard to support themselves during movement or exercises?	
Is a chair available in case the patient needs to rest in between exercises?	
Does the patient have their mobility aids with them?	
Is the patient appropriately dressed , for example are they wearing flat footwear?	
Is the patient comfortable with the movement or exercises you are asking them to demonstrate?	

AT THE END OF THE CONSULTATION

	Yes/No
Is the patient feeling well with no worsening symptoms? If the answer is 'No', you should use your clinical judgement to plan an appropriate course of action, following your organisation's medical event protocol (e.g. arrange an urgent face-to-face assessment or GP referral)	
Do you or the patient have any safety concerns ? If 'Yes', these should be discussed and a plan of action formulated.	