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| **CONTRA INDICATIONS CHECKLIST PRIOR TO USING THE HYDROTHERAPY POOL** |
| **Absolute contra indication** | Present **Yes** | Present **No** |
| Acute vomiting and/or diarrhoea? |  |  |
| Medical instability following either a recent stroke? |  |  |
| Pulmonary embolism? |  |  |
| Status asthmaticus? |  |  |
| Status epilepticus? |  |  |
| Deep vein thrombosis? |  |  |
| Proven chlorine sensitivity? |  |  |
| Resting angina? |  |  |
| Shortness of breath at rest? |  |  |
| Uncontrolled cardiac failure? |  |  |
| Pregnancy? |  |  |
| **Awareness/consideration of the following- the group leader to be aware of and take responsibility for:-** |  |  |
| Fear of water |  |  |
| Haemophilia |  |  |
| Hearing aids |  |  |
| High/low blood pressure |  |  |
| Impaired sensation |  |  |
| Impaired vision |  |  |
| Impaired hearing/hearing aids/grommets |  |  |
| Incontinence of faeces |  |  |
| Invasive tubes in situ |  |  |
| Poor skin integrity/open/surgical wounds |  |  |
| MRSA |  |  |
| Renal failure (kidneys) |  |  |
| Contact lenses and conjunctivitis |  |  |
| Risk of aspiration |  |  |
| Low calorie intake |  |  |
| Prone to blackouts |  |  |
| Sickle cell anaemia |  |  |
| Tracheostomy |  |  |
| Head lice |  |  |
| Fungal infections – especially between fingers as highly contagious |  |  |
| Inefficient thermoregulation – hypothalamus irregularity causing excessive heat gain |  |  |
| Date:Group Leader name:Group Leader Signature: |
| Any issues discussed and agreed with -Name:Signature:Date: |