

# HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

April 2020



## Testing Holidays

There are not any testing holidays in the month of April. The next testing holiday is Memorial Day (May 25, 2020.)

## COVID-19 and HPSP

During this time of uncertainty, we will follow the CDC guidelines for Healthcare Providers:

- <https://www.cdc.gov/handhygiene/science/index.html>
- <https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>
- <https://www.cdc.gov/mmwr/PDF/rr/rr5116.pdf>

## Updates on COVID-19

Recently we sent an email notification which is best to be reiterated here in this month's newsletter.

### Attention all Licensees:

We are aware of continuous changes in collection site hours and protocols as well as some temporary closures. Given the volume of changes and the speed with which things are changing, the only way for you to be fully informed is to personally call your assigned sites when you are required to test.

### We strongly recommend that you:

1. Check to see if a test is required EARLY in the morning.
2. If a test is required, call your collection site(s) as early as they may be open to:
3. Verify that they are OPEN that day.
4. Confirm their hours
5. Ask about any special protocols (Do you need to make an appointment? Do they need to screen you before you come in?)
6. If NONE of your sites are open, it is your responsibility to call your agreement monitor to make alternate arrangements.

**\*Remember, it is your responsibility to test if you are scheduled. We know that this is a difficult time and we are here to support you.**

### Social Distancing Accommodation

In light of the current circumstances in regard to COVID-19 and the need for social distancing, on a temporary basis HPSP will allow participants to sign into the collection site to be tested and then return to their car (and remain parked there) until they are called in to be tested.

After signing in at the collection site, please show this to the front desk so that they are aware of our request. By allowing this change, we are asking collection sites to assist us in our efforts to keep our participants, as well as the collection site team members and other patrons, SAFE.



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The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Scott McBeth, Ph.D. (503-802-9865; scott.mcbeth@ibhsolutions.com) for more information, or to schedule a meeting.

If you or the collection site have any questions, we can be reached at 888.802.2843.

**HPSP has been in communication with all participating licensing boards. At the time of this publication (April 17th, 2020), all guidelines continue to be followed with very limited exceptions. See below for details:**

### Testing

- Testing is as usual. Exemption will be allowed on a very limited basis with medical verification; in those cases, alternative testing will be employed.
- If you are unable to test due to emergency issues at work, you will need to submit documentation from your employer explaining the emergency.
- **If you have been quarantined by a medical provider, HPSP will need medical updates every four weeks. If you have been advised to self-quarantine but do not have medical documentation, please consult with your agreement monitor.**
- If you are NOT working, you likely qualify for the unemployed toxicology schedule; this will alleviate some of the financial burden of toxicology. (\*Ask your agreement monitor for more information).
- **If your toxicology site is closed, please proceed to your secondary sites.** If you do not know where that is, log in to the portal at [www.hpspmonitoring.com](http://www.hpspmonitoring.com) or ask your agreement monitor.
- If you do not have a secondary site, please document the closure by taking a picture of the closed sign when you arrive. Submit the time-stamped photo to your agreement monitor. We will verify that you were unable to test by calling the site when they next open.

**\*\*If the site was open that day and you showed up after they closed that will be considered as a missed test.**

- **Please make it a habit to call your testing site before you leave to test so that you can confirm their hours or decide to go to your alternate testing site.** You may also want to ask if there are protocols in place to allow for social distancing and/or if you can make an appointment to alleviate wait times.

**\*\*You are responsible for testing even if your site is closed which means that you need to understand where your secondary sites are.**

**\*\*You need to contact HPSP as soon as possible if your site(s) is closed in order to get a link to your secondary site(s).**

### Workplace

- If you are working and your Workplace Monitor is out sick, you need to call your agreement monitor immediately for further direction.

### Workouts for One: Staying Fit in Extraordinary Times

The Coronavirus pandemic has closed gyms and shut down pools, community centers and other places where we're used to getting our exercise in. But staying fit and healthy is still important. What's the best way to get a workout when your gym and Zumba® class are off-limits? There are lots of healthy ways to exert yourself under "stay at home" or "shelter in place" orders, even if you don't have a dusty exercise bike in the basement.

For many of us, replacing the motivation of working out in groups is the most challenging aspect of the closures. There are several ways to keep yourself accountable when your goal is to stay fit. You can pair up with a friend virtually or join one of the many "30 Day Challenges" you can find online. There are challenges for everything from yoga to push-ups, designed to increase your fitness and instill a habit over the course of a month.

1. **Take a Class (At Home).** Any exercise class that you take is probably available in some form on the Internet. Zumba founder "Beto" Perez has a 54-minute high energy workout on Vimeo, for example. There are plenty of yoga and tai chi videos as well, which may be particularly calming in stressful times.

2. **Update the Jumping Jack.** If you're just starting out, try the chair sit: Sit on a chair with your arms across your chest, push from your feet to a standing position without using your arms. Repeat for 30 seconds. Rest 2 minutes and repeat. If you are fitter, jumping jacks and push-ups may seem a bit old-fashioned, but they work! Bored with those? The exercise website ExRx.net has a number of variations.



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3. **Head Outside.** Remember that the stay at home regulations in most places allow solitary hiking, jogging and walking your dog (make sure to stay up on the local guidance for your city). This is the simplest way to get a solid cardio workout, and the sunlight and fresh air will help your mood, too.

4. **Stairways to Heaven.** Stair climbing is a time-tested way to get your heart rate up. Inhabitants of high-rises have plenty of stairs to climb. House-dwellers may feel silly going up and down the same flight of stairs, but a pair of headphones and a good playlist can transport you. If you are a newbie, take it very slow. Start with 2 minutes of stair climbing and increase from there.

5. **Get Into Your Chores.** Now's a great time to do those energy-intensive chores around the house that you've been putting off. Scraping down flaking paint, or scrubbing or sanding anything, are tremendous upper body workouts. Scrub the tub. Get the grease off the walls and ceiling around your stove. It's unlikely that you'll run out of useful things to do.

6. **Dance Party.** Put on your favorite music and have a dance party with your family. Young kids are remarkably ready to jump around with their parents. Some will be comfortable Facetiming a friend and dancing their faces off. Even if you're by yourself, go ahead and cut a rug.

**Whatever you do, remember to do something.** One of the most important things you can do for your health is to stand up, and move for 5 minutes of every hour you spend sitting in front of your computer.

Finally, be sure to hydrate and wash your hands before and after your workout. Although it's always good to check with your doctor before beginning any new exercise program, that might not be possible at this time, so be mindful of your own fitness abilities and take it slowly.



Source: Miriam Wolf

### PRN Annual Conference



The 2020 Oregon Professionals Recovery Network (PRN) Conference has been cancelled due to COVID-19. They may reschedule for later in the year.

### Reminders



**Guideline for Over-the-Counter Allergy Relief:** <https://hpspmonitoring.com/HpspOregon/OrForms?fileType=Forms>.  
**Medication Management Forms:** [www.hpspmonitoring.com](http://www.hpspmonitoring.com)



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