

HealthProCHOICES

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

March 2020



Testing Holidays

There are not any testing holidays this month. 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>

HPSP has been in communication with all participating licensing boards. At the time of this publication (March 18, 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 site. If you do not know where that is, log in to the portal at 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.
- Please make it a habit to call your testing site before you leave to test so that you can confirm their hours or make arrangements 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.

Workplace

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

Please be safe and when in doubt about your monitoring, please call your Agreement Monitor.



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888.802.2843

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.

HPSP Outreach

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.

Over-the-Counter Allergy Relief

Seasonal allergies will soon be in full force. As a reminder, several over-the-counter medications may have sedating or stimulating effects, include centrally acting antihistamines, such as diphenhydramine (Benadryl), and hydroxyzine (Vistaril or Atarax). A complete list can be found at: <https://hpspmonitoring.com/HpspOregon/OrForms?fileType=Forms>.

Be sure to have your primary care physician submit a Medication Management Form if you are using any of these over-the-counter medications BEFORE you have a non-negative test. This is the same form that is filled out if you have any prescriptions with addictive potential and/or psychotropic medication. The Medication Management Form (MMF) and other useful forms are available at www.hpspmonitoring.com under the Resources tab.

Future Travel Plans?

Eventually, we will recover from this pandemic and travel will resume. Please remember that travel requests need to be made two weeks in advance in order to guarantee appropriate collection site allocation and chain of custody form distribution. The Guideline for Toxicology Testing Exemptions and all other HPSP Guidelines are available at www.hpspmonitoring.com.



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