

**22 March 2020**

**News from MindAdvocacy at both locations**

- **549 Bridge Rd Richmond 3121**
- **43 St Hellier St Heidelberg Heights 3084**

Dear all,

As a doctor who is treating doctors and medical students now, I am acutely aware of how this COVID-19 pandemic is affecting all of us.

I have telepsychiatry options for **any existing** patient who would prefer to attend via teleconference. I hope to keep practicing face to face for as long as possible, and adopting all hygiene precautions at both clinics.

I am actively lobbying via RANZCP and AMA that we have access to all of our item numbers, as I am currently shut out of telehealth for new patients or case conferences.

As below, please note, health care workers now meet the epidemiological criteria for testing if they also have at least one clinical symptom.

If this has happened to you, please **DO NOT ATTEND** for your appointment, and email me at [welcome@mindadvocacy.com.au](mailto:welcome@mindadvocacy.com.au) or [doctorhelens11@gmail.com](mailto:doctorhelens11@gmail.com) so I can support you and see you via telehealth if needed. Of course I will not charge a cancellation fee.

These are unheralded times, we are essential to the community, but most importantly to our ourselves and our families.

Please take good care and contact me if you are not coping well with the fear and doubt and especially if you have been isolated.

Kind regards,

Helen

## **New testing criteria (as of Saturday 21 March 2020)**

- People without symptoms should not be tested.
- Patients who meet at least one clinical AND at least one epidemiological criteria should be tested.

### **Clinical criteria:**

Fever \*

OR

Acute respiratory infection (for example, shortness of breath, cough, sore throat)

### **Epidemiological criteria:**

**Travelers from overseas** with onset of symptoms within 14 days of return or;

**Close contacts** of confirmed COVID-19 cases with onset of symptoms within 14 days of last contact or;

**Healthcare workers and residential aged care workers** meeting clinical criteria or;

**Aged and residential care residents** meeting clinical criteria or;

Patients who are **Aboriginal or Torres Strait Islander people** meeting clinical criteria

\* >38 degrees, without another immediately apparent cause such as urinary tract infection or cellulitis

The following patients should also be tested:

**Patients admitted to hospital** with acute respiratory tract infection AND fever\*

Only confirmed cases should be notified. A confirmed case is a person who tests positive to a validated SARS-CoV-2 nucleic acid test or has the virus identified by electron microscopy or viral culture.