



March 24 2020

An Update for Our Membership

As per the newest information released by the CMTNL:

In light of today's News Conference with Chief Medical Officer Dr. Janice Fitzgerald, we are issuing a mandated stop work order of ALL practitioners immediately.

The focus for the NLMTA now is to help bring information to you, the membership, about the financial assistance options available to us, as the information becomes available.

The financial impact of COVID-19 is a very important and distressing element in this situation for a lot of us. The federal government started last week, to outline who can apply, and what they can apply for. It's not quite clear yet – and it may be days, or weeks before it is clear. They have talked a lot about helping small businesses and the self-employed so we have confidence that once the details are hammered out, we, health care providers who are self-employed and/or own their own business will be included. The best information source to keep a close eye on is below:

<https://www.canada.ca/en/departement-finance/economic-response-plan.html>

A more up to the minute source, CBC Twitter account: <https://twitter.com/cbcnews?lang=en>

We are watching this all very closely and once the pertinent information is made clear, we'll happily do our part to keep the membership informed.

We want you to Stay Informed

As we stressed last week, it is so important to stay up to date and informed, Prime Minister Trudeau is making daily updates and speeches, with a portion of it about the assistance coming from the federal government which is quickly evolving (CBC TV broadcasting daily, or <https://www.cbc.ca/>).

Here in Newfoundland and Labrador we are also getting daily updates and questions answered from reporters (Live on Facebook, Twitter and YouTube). The links where you can find the live broadcasts of provincial updates, and the COVID-19 information page for the government of NL and COVID-19 is below:

<https://www.youtube.com/user/GovNL>

<https://www.facebook.com/GovNL>

https://twitter.com/GovNL?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://www.gov.nl.ca/covid-19/>

When you feel out of control – Take control.

This is a great time to come up with ways to support your clients during this uncertain time. In training we were taught the importance of home care to help continue recovery and health. Now this training is more important than ever! Here are just a few suggestions to keep your clients engaged in their health during this difficult time:

- 1) Share information on at home routines to keep soft tissues supple and flexible. ROM/common stretches and the protocol (Things to Remember!)
- 2) Have a favourite YouTube yoga/mindfulness/meditation channel? Share it with your clients who have questions on what they can do at home! Make sure it matches their needs/abilities and they understand the risks/contraindications!
- 3) A simple encouragement for clients to keep calm, and moving – keeping 'information overload' stress to a minimum. The same way we encourage you, the membership to stick to reliable sources of information, we can encourage our clients to do the same, not to 'google' and read randomly and let the system (provincial and federal) do it's job at keeping us in the know. Using screen time wisely, and otherwise encouraging them to find ways to stay level headed and active. Do the kitchen cupboards need re-organizing? Smile – we'll get through this.

More to come - Stay Informed and Stay Healthy

Sincerely,

The NLMTA Board