ONTARIO PSYCHOLOGICAL ASSOCIATION

March 08. 2020

GUIDANCE FOR COVID-19

1. SELF-EDUCATION

If you have not already done so, you should take first steps towards self-education about the novel coronavirus, prevention, spread rates and epidemiological maps, etc. to ensure understanding of how to best prevent contagion and spread of the virus, address clients' concerns, but also ensure appropriate measures for self-care and self-determination for action and emergency planning

A. Coronavirus Facts

   i. What is COVID-19 or 2019-nCoV: https://www.cdc.gov/coronavirus/2019-ncov/about/

   ii. Basic Protective measures (scroll down for download-able posters): https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

B. Ontario Ministry of Health and Long-Term Care – Guidance for providers in various health sectors – although targeting mostly medical professionals and hospitals, you might find the procedures enlightening in guiding your own clinic or procedural decisions

   i. http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx

C. Outbreak Updates

   i. Daily updates from Public Health Agency of Canada; https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

   ii. Worldwide map: https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6

D. WHO Guidelines for Strategic Preparedness and Emergency Response Planning (March 07, 2020): https://www.who.int/docs/default-source/coronaviruse/20200307-responding-to-covid-19-communitytransmission-final.pdf?sfvrsn=ec5fa30a_5

2. EDUCATING CLIENTS

A. Take time to reflect and assess your own response to the outbreak, level of anxiety, (dis)comfort, biases, etc. Draft an emergency plan that would address the need for reducing the spread of the disease, protect your clients, but also ensure your own health and protection

B. Talk to your clients about the situation and assess their concerns, needs, possible level of risk, etc.

C. Provide in-person education or share online resources

D. Planning ahead: share your action plan with clients and reach a collaborative agreement on the details. The more detailed a plan, the better chances of containing anxiety and worries.

3. PRINTABLE SIGNAGE OR HANDOUTS:

Here are a few download-able resources that you can use to inform clients by email or in printing (i.e., signage for offices):

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_signs_EN_visitors.pdf

https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf

https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf

coping with anxiety: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

coping with children's anxiety: https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

4. APA GUIDELINES FOR PSYCHOLOGISTS

A. Preparedness, protecting clients and yourself:
    https://www.apaservices.org/practice/news/covid19-psychology-services-protection?_ga=2.34409319.770582353.1583706150-1624503128.1459723777

B. Podcast about Coronavirus anxiety: https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety

5. GUIDELINES FOR TELEPSYCHOLOGY:

A. APA: https://www.apa.org/practice/guidelines/telepsychology

B. OPA:
    https://www.psych.on.ca/OPA/media/Public/OPA%20Guidelines%20and%20Reviews/GUIDELINES-FOR-BEST-PRACTICES-IN-THE-PROVISION-OF-TELEPSYCHOLOGY.pdf?ext=.pdf

C. CPA:

    https://cpa.ca/aboutcpa/committees/ethics/psychserviceselectronically/

    https://cpa.ca/psychologyfactsheets/

D. ACPRO: http://www.acpro-aocrp.ca/documents/ACPRO%20Model%20Standards%20for%20Telepsychology%20Service%20Delivery.pdf