

HPSNZ Performance Health

Operational Approach During Covid-19 Status Level 4 (as of 26 March 2020)

Medicine

- There will be no face-to-face consultations in Performance Health at Alert Level 4.
- Those Medical Directors or Practitioners with clinical sessions, previously operating in HPSNZ centres, will continue to run the same clinical sessions by telemedicine.
- Telemedicine may be via telephone, skype or other appropriate communication means.
- Appointments may continue to be made via the Performance Health Operations team (details follow), or directly with the practitioner as required.
- Medical Directors continue to be accessible for time sensitive matters as per previous arrangements.
- All Medical Records will continue to be collected within the HPSNZ Electronic Health Record (Smartabase).
- Funding procedures for in-house consultations and external referrals will be unchanged.
- Imaging and other investigations may be delayed due to reduced availability of external services.
- Where possible, non-urgent external specialist referral will be deferred until private services re-open.
- Urgent or significant health related issues, which require direct evaluation will be referred to either appropriately prepared primary care facilities (this will vary by region), or tertiary care hospitals for management.
- General Practitioners remain an important component of the support of Athlete health and wellbeing.
- Individuals with symptoms consistent with Covid-19 will be managed as per Government guidelines.
- Those regions without 'on-site' medical support should direct Athletes to HPSNZ 'fee-for-service' providers. Where those providers are unable to consult, the local public health system should be utilised as appropriate.

Physiotherapy

- There will be no face-to-face Physiotherapy consultations in Performance Health at Alert Level 4.
- Those Physiotherapists previously operating in HPSNZ centres, will perform clinical* sessions by telemedicine.
- Telemedicine may be via telephone, skype or other appropriate communication means.
- All Medical Records will continue to be collected within the HPSNZ Electronic Health Record (Smartabase).
- Physiotherapists immersed within an NSO, will continue to work closely with NSOs to establish appropriate support for athletes.

**Clinical will include injury management and injury prevention strategies in multiple forums (for example, individual and groups sessions with athletes)*

Massage Therapy

- There will be no 'hands on' Massage Therapy support during Alert Level 4.

Performance Health Operations

- The Performance Health Operations Team (PHOT) will be operating off-site during Alert Level 4, with unchanged operational capabilities.
- Routine/follow-up Doctor and Physiotherapy consultations should be booked via the PHOT.
- Athletes with new health concerns should in the first instance contact their respective Physiotherapist or Medical Director. Subsequent consultations will be supported by the PHOT.
- Monitoring and support of ACC and Health Insurance funding will continue.
- Support of referrals and health processes will continue.

PHOT Contact Details

Auckland

Performance Health mobile 021 617 828

Whare Kite 021 617 828 whare.kite@hpsnz.org.nz

Annie Keown 027 361 2445 annie.keown@hpsnz.org.nz

Cambridge

Lorna Wylde 021 850 876 lorna.wylde@hpsnz.org.nz

Tanya Lowe 021731622 tanya.lowe@hpsnz.org.nz

NSO Medical Consultation Clinic Details

- Exact details may be subject to change

Dr Dan Exeter	Athletics NZ Tuesday Afternoon / Thursday Morning
Dr Bruce Hamilton	Canoe Racing NZ Tuesday Morning
Dr Brendan O'Neill	Cycling NZ Wednesday All Day Thursday All Day
Dr Simon Baker	Hockey (Men) NZ Tuesday Afternoon
Dr Tony Edwards	Hockey (Women) NZ

	Tuesday Afternoon
Dr Chris Milne	Rowing NZ
	Tuesday Morning
Dr Judikje Scheffer	Rowing NZ
	Monday Morning
	Friday Morning
	Other sports
	Tuesday Morning
	Thursday Morning
Dr Stuart Armstrong	Rowing NZ
	Thursday Morning
Dr Lynne Coleman	Swimming NZ
	Monday Afternoon
Dr Sam Mayhew	Triathlon NZ / Pathway to Podium
	Wednesday Afternoon
Dr Craig Panther	Yachting NZ
	Friday Morning
Dr Colleen Winstanley	HPSNZ Registrar
	Monday/Tuesday/Wednesday/Thursday Morning
	Wednesday Afternoon
Dr Sarah Beable	Snow Sports New Zealand
	Thursday Afternoon

Performance Health Leadership Contacts:

Fiona Mather	Head of Therapies	021 875 239	fiona.mather@hpsnz.org.nz
Bruce Hamilton	Director of Performance Health	021 271 1320	bruce.hamilton@hpsnz.org.nz
Chris Kirman	Lead PHOT	021 678 882	chris.kirman@hpsnz.org.nz

*In light of the rapidly changing Covid-19 situation, there may be further changes to this operational plan as required.

*Any questions may be directed to Dr Bruce Hamilton or Fiona Mather respectively.