



## Circuit Breaker Measures FAQ

### 1. Do I need to apply for exemptions to practice face to face consults during the extended circuit breaker period?

As of 29 April 2020, if you are a non-SRP registered psychologist, you would need to apply for exemptions to have face to face consultations via [psychologyservices@moh.gov.sg](mailto:psychologyservices@moh.gov.sg).

If you are an SRP registered psychologist, you are whitelisted; indicating that you are able to practice till the 1 June 2020 with criteria. Please refer to the email sent to you on 28th April for more details.

Current exemptions are only valid until the 4th of May 2020. **The clinic must not be opened without receiving the MTI letter from 5th May 2020 onwards.**

### 2. Does this apply to psychologists working in GP clinics / psychiatric / specialist clinics?

Psychologists who are co-located with medical clinics, which are already exempted, the psychologist must still follow the restrictions of practice as issued in the circular for psychologists. This also means that they must submit details of operation to SPS (For SRP Psychologists) or submit an appeal to [psychologyservices@moh.gov.sg](mailto:psychologyservices@moh.gov.sg) for non-SRP registered psychologists/psychology services.

The exemption for the medical clinic covers only the essential services carried out by the medical clinic, and any allied health services which are carried out on the same site are considered to be a separate entity, not under the same exemption.



### 3. How many days and hours can I have face to face consultations?

A maximum of 5 days / week, 4 hours per day. The psychologists within each business need to align with the operating hours as a group service. These restricted hours are only for face to face consultations.

Video / online telehealth services can continue at your own time.

### 4. Can the hours be split?

No. The hours must be consecutive and cannot be split up. (e.g., 9am – 1pm is acceptable).

### 5. Can we do teleconsultations in the clinic beyond the face to face contact hours?

Generally speaking, if the psychologist is not scheduled to be at the clinic for F2F consultations (i.e. within the clinic's proposed operating hours), they **should not** be at the clinic, even to conduct teleconsultations. This is to reduce movement in the community and limit the spread of infection.

However, if the psychologist is already at the clinic for F2F consultation, there is an allowance to stay beyond the clinic opening hours for teleconsultation ONLY for an additional 4-hour block in total. This only applies if you have been seeing clients face to face on the same day. The clinic should be reflected as closed during this time and there should be no additional staff (e.g. receptionists, admin staff, cleaners) that are required to extend their working hours at the clinic as a result of the psychologist staying longer at the clinic.

There should not be a scenario when the psychologist leaves the clinic after the F2F consultations, and then comes back to the clinic to conduct teleconsultations on the same day, even if the clinic is reflected as closed and no additional staff are required to come in.



**6. Can I come into the clinic for online consults during clinic opening hours?**

You can come into the clinic for teleconsultations during clinic opening hours. If it is out of the clinic opening hours and you do not have face to face session for the day, please see clients at home.

**7. Can we do non-contact work in the clinic?**

Yes, only during clinic opening hours.

**8. Can I do group therapy?**

Clinic sessions should be restricted to 1-1 therapy as much as possible. Group therapy sessions should not be held in person at this time.