



**CPCA Updated Guidelines COVID19  
Incorporating the Introduction of Stage 4 (Greater Melbourne)  
& Stage 3 Restrictions (rest of Victoria)  
Applicable midnight 5<sup>th</sup> August 2020**

As of midnight Wednesday 5th August, Victorian Premier Andrews has announced certain mandatory workplace changes including closures or the requirement to work off-site as well as increased 'stay at home' restrictions for Greater Melbourne.

In the circumstances, it has become necessary for the College to undertake a review of the previous [COVID Guidelines for Return to Work](#), issued on 1st June 2020, including the recommendation that doctors consider the application of Telehealth as the 'point-of-first-contact' with their patients particularly for those areas affected by Stage 4 Restrictions.

**The College now recommends that ALL patient requests to members of the College for in-person attendance for the purpose of clinical assessment and/or treatment, should be screened using Telehealth prior to attendance.**

In determining the updated CPCA COVID19 recommendations, the following principles have been applied:

1. The mandatory requirement that people in the affected precincts avoid leaving home in accordance with the directives listed at [victorias-restriction-levels-covid-19](#)
2. The Victorian Government directive regarding businesses [Guide for business – stage 4 restrictions \(Word\)](#)
3. Preservation of the doctor/patient relationship, which relies upon case-by-case clinical judgement.
4. Specialist Psychiatrists' groups and the RACGP currently are issuing warnings of deterioration of mental health in confinement during extended lock-downs and increasing suicide rates and the resources that alleviate these circumstances are presently under immense pressure.
5. As doctors with General Registration, College members are well-equipped to identify and support declining mental health in the community and among those patients who seek cosmetic medical services.
6. It is noted that seeking and the provision of medical services, including primary and community healthcare services, continues to be permitted.
7. According to definitions published by the Australian Health Practitioners Regulation Agency, 'Cosmetic medical and surgical procedures are operations and other procedures that revise

- or change the appearance, colour, texture, structure or position of normal bodily features with the dominant purpose of achieving what the patient perceives to be a more desirable appearance or boosting the patient's self-esteem (1)'
8. There is an accumulation of significant clinical evidence that improvement of mood and lifting of depression is achieved by cosmetic procedures including Botulinum Toxin A injections.
  9. Many of our member's clinics engage in the treatment of mainstream medical conditions and comorbidity is not uncommon in patients who attend for cosmetic medical procedures such as acne, PCOS, various dermatological conditions, hyperhidrosis, migraine/headache, bruxism and skin cancers.
  10. Pre-assessment of patients by Telehealth has shown to be an effective and accepted method of screening patients to avoid any unnecessary travel for the purpose of in-person attendance.
  11. Telehealth should only occur between patients known to the doctor.

Ultimately, members are required by the Medical Board of Australia to apply good clinical judgement. The College accepts no responsibility for any incidents or issues arising out of the application of the College guidelines. Consultation with your medical indemnity provider is highly recommended for definitive personal advice.

Telehealth rebates through Medicare involving purely or partly cosmetic purposes are not available. Private fees and charges are at the discretion of the medical practitioner and patient. While this present review applies to Victorian Practices, the College highly recommends all members consider the use of Telehealth to assist social distancing in all states and territories, especially those where new cases are emerging. All other aspects of the previous guidelines, as published [cpcac@cpca.net.au](mailto:cpcac@cpca.net.au) apply.

Permitted Worker template, Covid safe Plan, Workplace attendance register - found here:

<https://www.justice.vic.gov.au/permitted-worker-scheme>

[https://www.business.vic.gov.au/\\_data/assets/word\\_doc/0008/1920824/COVID-Safe-Plan-template.docx](https://www.business.vic.gov.au/_data/assets/word_doc/0008/1920824/COVID-Safe-Plan-template.docx)

[https://www.business.vic.gov.au/\\_data/assets/word\\_doc/0006/1920723/COVID-workplace-attendance-register.docx](https://www.business.vic.gov.au/_data/assets/word_doc/0006/1920723/COVID-workplace-attendance-register.docx)

PPE

<https://www.dhhs.vic.gov.au/personal-protective-equipment-ppe-covid-19>