



THE Locum Times



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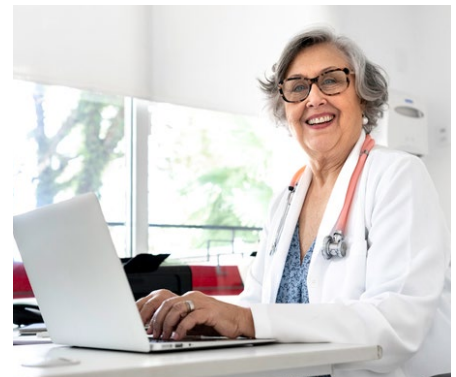
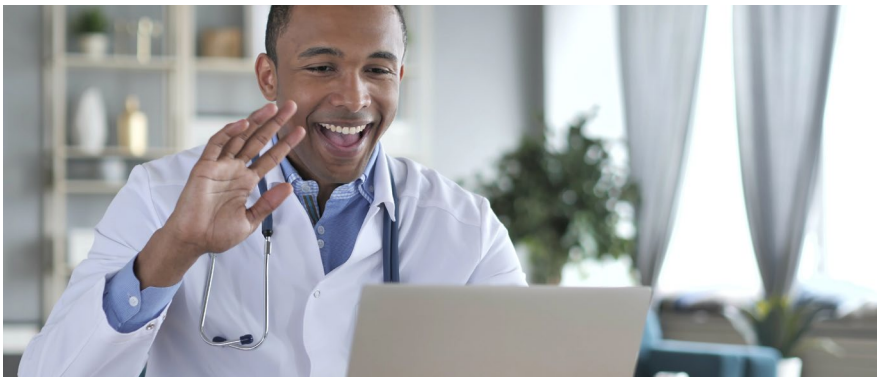
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LET'S GET SOCIAL:
WE LIKE YOU, BUT HAVE YOU LIKED US YET?



TELEMEDICINE IS THE FUTURE - AND THE FUTURE IS NOW



Although telehealth has been around for a while, the coronavirus pandemic has rapidly accelerated its adoption by facilities, insurers, providers, and patients alike. Where it was a bit of an afterthought for many in the past, it has now soared to the forefront as a great way for patients to continue receiving care from the safety and comfort of their own homes. Here are some of the reasons why your healthcare facility should consider expanding telehealth options.

TELEMEDICINE BENEFITS PATIENTS

Access to medical care right on a smartphone or computer is an essential part of today's world. While it may not fit every medical situation, it's a great way to help patients with routine care that doesn't warrant an office visit or help screen patients before bringing them in. As many areas continue to recommend physical distancing for at least some of the population due to coronavirus, telehealth can help limit contact that might put especially vulnerable patients at risk. It also gives your patients more flexibility to be seen, saves them time, and can help cut down on missed visits. This can be a great advantage for populations that have difficulty traveling to your facility or those juggling childcare and work responsibilities. The convenience of virtual medicine can make it an appealing option for patients, especially during the current climate.

ADVANTAGES FOR YOUR FACILITY

If your facility is in an area currently practicing physical distancing, telehealth can help your team continue to care for patients from afar and bring in revenue for their care. It's also highly important that patients maintain access to vital care and are able to speak with knowledgeable providers who can help them determine whether they need to come in for an in-person visit instead. Additionally, telehealth can be a great way for doc-

tors to continue checking in on patients for follow-up care that might not require hands-on examination. Furthermore, telemedicine can be a very cost-effective means of providing care since it cuts down on office use and does not require specialized equipment as most patients and providers have a phone for calls, and many can do video chats via apps. These aspects of telemedicine make it a great option for facilities that need to ramp up a program without a large investment.

STAFFING YOUR PROGRAM MADE EASY

At the heart of your program are your clinicians. These telemedicine providers can include a wide range of physician specialties, as well as physician assistants, nurse practitioners, and more to help with different types of patients and their requests. Utilizing a trusted staffing partner to help you find experienced and knowledgeable staff is an excellent way to quickly fill your program with the right people. Although it doesn't require much in the way of special equipment, you can get your program going faster if you have staff who are familiar with working as telemedicine providers and used to helping patients in a remote capacity. Whether you want permanent staff for the program or locum tenens providers who can fill in on a temporary basis while you ramp up, the right staffing partner can help you find the people you need.

CALENDAR OF EVENTS



AAP Experience (National Conference & Exhibition)

October 2-6, 2020

San Diego, CA

ACG 2020 Annual Scientific Meeting

October 23 – 28, 2020

Nashville, TN

2020 SEPRA Educational Conference

October 25-27, 2020

Amelia Island, FL

NEPRA Educational Symposium 2020

Dates TBA

Virtual Conference

LOOKING FOR TELEHEALTH PROVIDERS? WE'VE GOT YOU COVERED.

Let [MPLT Healthcare](#) get you connected with the right people for your telemedicine program today.



SELF-CARE DURING CORONAVIRUS

It may seem impossible at times, but taking time for self-care is important even in the midst of the chaos of dealing with COVID-19. The road ahead could be long and it's not going to be easy along the way. That's why it's so important that you carve out time to take care of yourself so you can be ready to meet those challenges at your best. Sometimes it's going to be difficult to make space for self-care when your days are grueling, filled with small victories and aching losses. It can be hard to balance your work and your personal life with everything going on, but remember that you're not alone in this. Here are some of the ways you can care for yourself:

STOP AND TAKE A BREATH.

Working in healthcare right now is difficult in so many ways. You are moving fast all day and may feel like you can barely take a moment to rest. It's okay to stop for a moment to catch your breath and consider when you last ate or had a drink of water. It's important to

grant yourself time for the essentials and care for your own wellbeing too. Take a quick break when you can and encourage others to take that time for themselves as well. Setting alarms to remind you to take a break or get a snack are a good idea to help enforce a routine that lets you engage in self-care. For some people, it helps to use that break to meditate alone for a few moments. For others, listening to music for a few minutes and disconnecting can be very relaxing. Take a walk, read a bit of a book, do stretches, take a little time to do whatever helps you recharge so you can get a mental break and come back feeling fresher.

MAINTAIN HEALTHY HABITS.

Whenever you can, stick to healthy eating and exercise routines. There will be days that it's harder to do this, but it's important to keep your body healthy so you can feel up to the challenge of each day. Stay away from empty calories and try to eat fresh foods that will give your body the energy it needs to keep going. In addition to maintaining these important routines, it's also vital to do your best to get regular sleep. This is your body's chance to recharge at the end of the day, so try to maintain a routine that allows you get in enough hours when possible. You can't care for others if you don't care for yourself





first, but more importantly, you and your health matter too. Setting boundaries that allow you to care for yourself properly is a healthy habit as well, so don't be afraid to say no to things that are keeping you from doing that.

DISCONNECT AT THE END OF THE DAY.

It can be hard to stop thinking about what happened at work when you get home, but you owe it to yourself as well as to your friends and family to put a pause on those stressors so you can be present. If you're able to turn off your phone or mute emails for a while, do so. Take a break from the news, from the relentlessness of it all, and let your body and mind rest. It's okay to tell the people in your life that you need a break from hearing about topics that make it harder for you to relax and recover. Maybe that means putting a limit on coronavirus-related conversations or questions or limiting TV time to happier topics. Set the boundaries you need in order to care for your own wellbeing right now. Those things will be there later if you need to pick them up again.

REACH OUT WHEN YOU NEED SOMEONE TO LEAN ON.

It's no secret that healthcare workers are experiencing the brunt of what is happening right now. We've heard about the depression, helplessness, moral injury, and overwork that frontliners are experiencing. If you are feeling overwhelmed by it all, don't hesitate to reach out. When talking about these things with friends, family, or teammates is not enough, there are other resources too. If your employer has an Employee Assistance Program (EAP) or counselors available, take advantage of the chance to speak with a professional and have them help you work through what you are experiencing. They are here to help you during tough times and what is happening right now certainly qualifies. Healthcare workers are experiencing a huge amount of trauma and grief and it is only human to be affected by it. Don't wait to reach out and don't worry about your problems not being big enough to ask for help. We're all in this together and they want to help you.

ARE YOU A PHYSICIAN OR ADVANCED PRACTICE CLINICIAN LOOKING TO HELP OUT DURING COVID-19?

There is a need for clinicians across many specialties right now. Get in touch with MPLT Healthcare today so we can connect you with one of our [locum tenens job opportunities](#).



CHANGES TO AIR TRAVEL

While some airlines have been requiring their staff to wear face masks for some time, many are also requiring passengers to wear appropriate face coverings too. American, Delta, and JetBlue were some of the first to adopt this policy in the U.S. and others have been following suit. Passengers must wear masks to board the plane and keep them in place during the flight. Some airlines are handing out masks to passengers as they board in order to help them comply with the policy.

Airports are also following suit. In early May, Denver International Airport began mandating that visitors wear masks in the airport as well as in the TSA inspection areas prior to entering the areas restricted to ticketed passengers.

In addition to the face covering policies, some airlines are blocking seats on planes in order to facilitate social distancing measures and keep passengers spread out during flight. All major carriers have also been clear that they are engaging in increased cleaning and disinfection of cabins to help curtail spread of coronavirus.

For those traveling, it is best to check individual airport and airline policies closer to your departure date for the latest updates to travel policies and procedures.

MILES, POINTS, AND VOUCHERS

Due to the vast effect on the travel industry, many airlines and rental companies are extending benefits for certain membership levels into next year or beyond. This varies between companies and even between membership status levels, so check individual membership plans to see what your benefits include. Many companies have also made changes to how they handle cancellations and credits, so this is another area to check carefully before changing plans.



TRANSPORTATION FOR MEDICAL PROFESSIONALS

Some airlines, rental agencies, and hotels have been offering free or discounted options for medical professionals traveling to work in areas heavily affected by the coronavirus pandemic. The guidelines and eligibility vary between carriers and may change depending on how the situation evolves, so always check with the carrier for the latest information.



HOT JOBS

JOB ALERTS

Sign up for our Job Alerts and get new job openings delivered straight to your inbox or smartphone.

CARDIAC ANESTHESIA

Columbus, OH

CRNA

Evansville, IN

CRNA

Longview, TX

GASTROENTEROLOGIST

Las Cruces, NM

GASTROENTEROLOGIST

Pittsburg, PA

HEMATOLOGY ONCOLOGY

Boston, MA

HEMATOLOGY ONCOLOGY

New Orleans, LA

HEMATOLOGY ONCOLOGY

York, PA

MFM

Philadelphia, PA

MFM

Lebanon, NH

OB/GYN

Milwaukee, WI

ORTHOPEDIC SURGERY

York, PA

OB/GYN

Charleston, SC

OB/GYN

Indianapolis, IN

ORTHOPEDIC SURGERY

Greenville, NC

PSYCHIATRY - ADULT OUTPATIENT

Chicago, IL

PSYCHIATRY - ADULT INPATIENT

Boston, MA

RADIATION ONCOLOGY

Detroit, MI

UROLOGIST

Kansas City, MO

UROLOGIST

Albuquerque, NM

[See all job postings](#)