

Washington State LMT's,

I attended the May 22, 2020 "Health Systems Quality Assurance (HSQA) Association and Board, Commission and Committee Leadership Meeting" as a representative from WSMTA.

This was a very brief (1-hr) webinar that focused on the role of HSQA in the Department of Health's (DOH) COVID-19 response. Information that was provided in this meeting was of some help in answering the question on every LMT's mind, "What phase are we in?" There was one big point made about massage therapy that required clarification. After several rounds of back and forth last week with HSQA, of asking questions and educating the leaders at HSQA, we finally have a definitive answer to the question!!

Below is the direct response to that question from Kristin Peterson, JD, Assistant Secretary of HSQA in the DOH. [click here](#) if you would like to read the actual email.

To help create clarity, Proclamation 20-24.1 is the governor's proclamation permitting all medical and dental providers and facilities to resume non-urgent care, as long as they follow the guidelines set forth in the proclamation. Massage therapists are part of the healthcare community. Also, as part of this email is a Tip Sheet condensing down the important aspects of the Governor's Proclamation and the full Proclamation itself.

We would recommend that all LMTs refer to the "phases" described in Proclamation 20-24.1 as the "Healthcare Phases" which are the Crisis Care, Contingency Care and Conventional Care Phases. We currently are in the Contingency Care Phase. This is a separate set of phases from the Safe Start 4-phase program for businesses and services.

This work compiles a great deal of volunteer time and effort on behalf of all Washington State Licensed Massage Therapists by the WSMTA. If you have not already joined, we would love to have your membership support to keep this vital work and representation moving forward on your behalf.

Thank you,

Marybeth Berney,

WSMTA President

---

The Department of Health has received questions about whether *all* massage therapy qualifies as a health care service that could be resumed statewide under [Proclamation 20-24.1](#). Proclamation 20-24.1 allows non-urgent health care services to resume statewide, subject to the infection control and other requirements outlined in the proclamation.

The department has clarified that under Proclamation 20-24.1, a licensed massage therapist is providing a "health care service" and this service can be provided at any location statewide, including in counties still in Phase 1 under the Governor's [Safe Start Washington](#) plan, as long as the requirements in the proclamation and in the laws governing massage therapy are met.

If massage therapy is provided at a location where other kinds of services have normally been provided, the only services that can be provided at that location are massage therapy and any other services that are permitted in the county under the [Safe Start Washington](#) plan, in compliance with the [guidelines](#) issued for the particular service. For example, in a county that is still in Phase 1, a day spa may reopen to provide massage therapy services, but not to provide facials, manicures, sauna, hot tub, or relaxation lounge services, as examples.

I hope this email clarifies the questions that you and your colleagues have regarding massage therapy services under Proclamation 20-24.1.

**Kristin Peterson, JD**

Assistant Secretary

Health Systems Quality Assurance Division

Washington State Department of Health

[kristin.peterson@doh.wa.gov](mailto:kristin.peterson@doh.wa.gov)

360-236-4600 | [www.doh.wa.gov](http://www.doh.wa.gov)

## RETURN TO PRACTICE TIP SHEET PER GOVERNOR INSLEE'S PROCLAMATION 20-24.1

This condensed Tip Sheet is a checklist for what LMT's will need to address in their practices in order to open per the Governor's Proclamation. **Refer to the proclamation for the expanded readiness guidelines.**

Each county serves as its own Local Health Jurisdiction (LHJ). If the surge capacity of the LHJ is below 20% then only urgent cases may be seen (Crisis Care Phase). If the surge capacity is above 20% then the LHJ is in the Contingency Phase. Click [here](#) to go to the county dashboard for LHJ research.

- Is the surge capacity in the county where the practice is located 20% or higher? Yes No

**If the answer to any of the following questions is NO the practice is NOT ready to open for either urgent or non-urgent care.**

- Has the practice exercised clinical judgement to determine the need for massage services in the broader context of the pandemic and community need? Yes No
- Is the practice management monitoring the surge % of their LHJ? Yes No
- Has the practice developed an expansion/contraction plan based on any changes on the LHJ surge%? Yes No
- Does the practice have adequate and appropriate PPE, sanitation products and equipment to serve their caseload? Yes No
- Does the practice review and update their infection control process based on CURRENT best practices? Yes No
- Are regular staff meetings held for feedback on delivery of care processes, PPE, and technology related to expansion of care? Yes No
- Does the practice utilize telemedicine to evaluate for patient wellness and care prior to the appointment? Yes No
- Are on-site fever and COVID symptom screening of all staff, patients, and visitors prior to entering the practice happening? Yes No
- Has the practice developed and implemented setting-appropriate pre-procedure COVID-19 testing protocols? Yes No
- Where employees are involved is there a non-punitive sick leave policy that adheres to CDC return to work guidelines? Yes No
- Has signage been posted encouraging staff, patients, and visitors to practice hand sanitation, avoid touching their face, and practice cough etiquette? Yes No
- Is the practice set up to accommodate proper physical distancing for all staff, patients, and visitors outside of the treatment room? Yes No
- Are visitors limited to those essential for the patient's well-being and care? Are visitors screened for symptoms via telemedicine calls and prior to entering the practice? Yes No
- Are all patients wearing face masks while in the facility and consistent with the care being provided? Yes No
- Are all surfaces frequently cleaned and disinfected per EPA standards? Yes No
- Has the practice identified and implemented strategies for addressing employees with exposure to COVID-19 patients? Yes No
- Is there language appropriate education for patients about COVID-19? Yes No
- Does the practice follow [Proclamation 20-46](#) - High Risk Employees Rights? Yes No

For the complete expanded list of practice readiness standards please review the Governor's Proclamation starting on page 3.



STATE OF WASHINGTON  
OFFICE OF THE GOVERNOR

*P.O. Box 40002 • Olympia, Washington 98504-0002 • (360) 902-4111 • [www.governor.wa.gov](http://www.governor.wa.gov)*

**PROCLAMATION BY THE GOVERNOR  
AMENDING AND EXTENDING PROCLAMATIONS 20-05 AND 20-24**

**20-24.1**

**Reducing Restrictions on, and Safe Expansion of,  
Non-Urgent Medical and Dental Procedures**

**WHEREAS**, on February 29, 2020, I issued Proclamation 20-05, proclaiming a State of Emergency for all counties throughout Washington as a result of the coronavirus disease 2019 (COVID-19) outbreak in the United States and confirmed person-to-person spread of COVID-19 in Washington State; and

**WHEREAS**, as a result of the continued worldwide spread of COVID-19, its significant progression in Washington State, and the high risk it poses to our most vulnerable populations, I have subsequently issued amendatory Proclamations 20-06 through 20-53 and 20-55, exercising my emergency powers under RCW 43.06.220 by prohibiting certain activities and waiving and suspending specified laws and regulations; and

**WHEREAS**, the COVID-19 disease, caused by a virus that spreads easily from person to person which may result in serious illness or death and has been classified by the World Health Organization as a worldwide pandemic, has broadly spread throughout Washington State, and significantly increasing the threat of serious associated health risks statewide; and

**WHEREAS**, the health care personal protective equipment supply chain in Washington State has been severely disrupted by the significant increased use of such equipment worldwide, such that there are now critical shortages of this equipment for health care workers. To curtail the spread of the COVID-19 pandemic in Washington State and to protect our health care workers as they provide health care services, it is necessary to prohibit all medical, dental and dental specialty facilities, practices, and practitioners in Washington State from providing non-urgent health care and dental services, procedures and surgeries unless specific procedures and criteria are met; and

**WHEREAS**, the extensive public-private collaboration between our state and local governments, and the state's hospitals, health systems, and other providers of clinical services in addressing the health care issues created for people and communities by the COVID-19 pandemic is commendable; and

**WHEREAS**, Washington State's collaborative approach has been effective in addressing the significant public health issues associated with the disease, while greatly expanding the clinical and operational capacity of the health system to effectively care for COVID-19 patients and safely provide preventive, diagnostic, outpatient, ambulatory, acute, and post-acute care for all people in need of care

via both in-person and virtual means. The professionalism, expertise, and compassion of Washington's clinicians, nurses, and other health care professionals during the COVID-19 pandemic has been exemplary; and

**WHEREAS** in the early days of the pandemic, I, in collaboration with the Washington State Department of Health and health care system partners, established a data-driven approach to addressing the health and safety of Washington's citizens and communities. The actions taken pursuant to this approach reduced the impact of the disease in the State. As the State moves into its Safe Start of the economy, it is important that the healthcare system move rapidly towards a more normal operating position and expand access to care for patients in a manner that is safe and equitable; and

**WHEREAS**, I support extending Proclamation 20-29, which requires telemedicine payment parity through year-end 2020, when the new parity law in SB 5385 will formally take effect. However, the extension must be approved by the Legislature.

**WHEREAS**, recognizing that health status is impacted both by social determinants of health and untreated health conditions, it is vital that public and private sector participants in the health care system work to enhance public health capabilities and capacity, such as testing, contact tracing and follow-up, and that access to appropriate care be expanded as safely as possible; and

**WHEREAS**, the exercise of clinical judgement by healthcare and dental professionals related to the care of patients is essential, and it is essential for all of our health and dental partners to follow the same procedures as outlined in this proclamation and work together to protect the health of all of our residents; and

**WHEREAS**, the worldwide COVID-19 pandemic and its progression throughout Washington State continues to threaten the life and health of our people as well as the economy of Washington State, and remains a public disaster affecting life, health, property or the public peace; and

**WHEREAS**, the Washington State Department of Health continues to maintain a Public Health Incident Management Team in coordination with the State Emergency Operations Center and other supporting state agencies to manage the public health aspects of this ongoing incident; and

**WHEREAS**, the Washington State Military Department Emergency Management Division, through the State Emergency Operations Center, continues coordinating resources across state government to support the Department of Health and local health officials in alleviating the impacts to people, property, and infrastructure, and continues coordinating with the Department of Health in assessing the impacts and long-term effects of the incident on Washington State and its people.

**NOW, THEREFORE**, I, Jay Inslee, Governor of Washington, as a result of the above-noted situation, and under Chapters 38.08, 38.52 and 43.06 RCW, do hereby proclaim that a State of Emergency continues to exist in all Washington State counties, that Proclamation 20-05 and all amendments thereto remain in effect, and that Proclamations 20-05 and 20-24 are amended to immediately prohibit certain medical and dental procedures, with exceptions, and as provided herein.

I again direct that the plans and procedures of the *Washington State Comprehensive Emergency Management Plan* be implemented throughout state government. State agencies and departments are directed to continue utilizing state resources and doing everything reasonably possible to support implementation of the *Washington State Comprehensive Emergency Management Plan* and to assist affected political subdivisions in an effort to respond to and recover from the COVID-19 pandemic.

I continue to order into active state service the organized militia of Washington State to include the National Guard and the State Guard, or such part thereof as may be necessary in the opinion of The Adjutant General to address the circumstances described above, to perform such duties as directed by competent authority of the Washington State Military Department in addressing the outbreak. Also, I continue to direct the Department of Health, the Washington State Military Department Emergency Management Division, and other agencies to identify and provide appropriate personnel for conducting necessary and ongoing incident related assessments.

**FURTHERMORE:** based on the above situation and under the provisions of RCW 43.06.220(1)(h), to help preserve and maintain life, health, property or the public peace, I hereby prohibit all medical, dental and dental specialty facilities, practices, and practitioners in Washington State from providing non-urgent health care and dental services, procedures, and surgeries unless they act in good faith and with reasonable clinical judgment to meet and follow the procedures and criteria provided below:

COVID Assessment:

Local health jurisdictions (LHJs) in collaboration with their health partners, should assess the COVID-19 status in the communities they serve. This assessment should be updated on a regular basis. Important COVID-19 disease information relevant to this assessment is available at <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/DataDashboard>, and LHJs should have relevant information as well.

Expansion/Contraction of Care Plan

Each health care, dental or dental specialty facility, practice, or practitioner must develop an expansion/contraction of care plan that is both congruent with community COVID-19 assessment described above, consistent with the clinical and operational capabilities and capacities of the organization, and responsive to the criteria provided below.

Expansion/contraction of care plans should be operationalized based on the standards of care that are in effect in the health care facility, practice or practitioner's relevant geography as determined by that region's emergency health care coalition, as follows:

- Conventional Care Phase – All appropriate clinical care can be provided.
- Contingency Care Phase – All appropriate clinical care can be provided so long as there is sufficient access to PPE and, for hospitals, surge capacity is at least 20%.
- Crisis Care Phase – All emergent and urgent care shall be provided; elective care, that the postponement of which for more than 90 days would, in the judgement of the clinician, cause harm; the full suite of family planning services and procedures, newborn care, infant and pediatric vaccinations, and other preventive care, such as annual flu vaccinations, can continue.

### Criteria for Resuming Non-Urgent Procedures

Until there is an effective vaccine, effective treatment, or herd immunity and until supply chains for PPE return to a more normal status, hospitals and LHJs will work together to maintain some level of surge capacity in our health care system and prudently use PPE so that we can keep health care workers safe and provide the needed health care to our communities. To this end, the following must be met by health care, dental and dental specialty facilities, practices, and practitioners:

- Exercise clinical judgment to determine the need to deliver a health care service, in the context of the broader health care and dental needs of patients and communities and in the context of the pandemic, and within the parameters of operation provided by the health care, dental or dental specialty facility, practice or practitioner setting in which they are providing services.
- Continuously monitor capacity in the system to ensure there are resources, including ventilators, beds, PPE, blood and blood products, pharmaceuticals, and trained staff available to combat any potential surges of COVID-19, participation, as required by Department of Health guidelines, with the WA HEALTH data reporting system to allow for a state-wide common operating perspective on resource availability.
- Follow Department of Health's current PPE conservation guidance, which will be regularly reviewed and updated by the Department of Health, as published on the Department of Health website at <https://www.doh.wa.gov/Emergencies/Coronavirus>. If the health care facility, practice or practitioner's PPE status deteriorates, adjustments to expansion of care will be required.
- Review infection prevention policies and procedures and update, as necessary, to reflect current best practice guidelines for universal precautions.
- Develop a formal employee feedback process to obtain direct input regarding care delivery processes, PPE, and technology availability related to expansion of care.
- Appropriately use telemedicine. Appropriate use of telemedicine will facilitate access to care while helping minimize the spread of the virus to other patients and/or health care workers.
- Use on-site fever screening and self-reporting of COVID-19 symptom screening for all patients, visitors and staff prior to (the preferred approach), or immediately upon, entering a facility or practice.
- For clinical procedures and surgeries, develop and implement setting-appropriate, pre-procedure COVID-19 testing protocols that are based on availability, Department of Health guidance, if any, and/or relevant and reputable professional clinical sources and research.
- Implement policies for non-punitive sick leave that adhere to U.S. Centers for Disease Control and Prevention (CDC) return-to-work guidance.
- Post signage that strongly encourages staff, visitors and patients to practice frequent hand hygiene with soap and water or hand sanitizer, avoid touching their face, and practice cough etiquette.
- Maintain strict social distancing in patient scheduling, check-in processes, positioning and movement within a facility. Set up waiting rooms and patient care areas to facilitate patients, visitors and staff to maintain  $\geq 6$  feet of distance between them whenever possible, consider rooming patients directly from cars or parking lots, space out appointments, and consider scheduling or spatially separating well visits from sick visits.

- Limit visitors to those essential for the patient’s well-being and care. Visitors should be screened for symptoms prior to entering a health care facility and ideally telephonically prior to arriving. Visitors who are able should wear a mask or other appropriate face covering at all times while in the health care facility as part of universal source control.
- Ambulatory patients, who are able and when consistent with the care being received, should wear a mask or other appropriate face covering at all times while in the health care facility as part of universal source control.
- Frequently clean and disinfect high-touch surfaces regularly using an EPA-registered disinfectant.
- Identify and implement strategies for addressing employees who have had unprotected exposures to COVID-19 positive patients, are symptomatic, or ill, which should include requiring COVID-19 positive employees to stay at home while infectious, and potentially restricting employees who were directly exposed to the COVID-19 positive employee. Timely notification of employees with potential COVID-19 exposure and appropriate testing of employees who are symptomatic should be a component of these strategies. Follow CDC cleaning guidelines to deep clean after reports of an employee with suspected or confirmed COVID-19 illness. This may involve the closure of the business until the location can be properly disinfected.
- Educate patients about COVID-19 in a language they best understand. The education should include the signs, symptoms, and risk factors associated with COVID-19 and how to prevent its spread.
- Follow requirements in Governor Inslee’s Proclamation 20-46 - *High-Risk Employees – Workers’ Rights*.

**ADDITIONALLY**, for purposes of this Proclamation, evaluation of “harm” is the same as described in the May 7, 2020, Updated Interpretive Statement related to Proclamation 20-24, and is repeated here: The decision to perform any surgery or procedure in hospitals, ambulatory surgical facilities, dental, orthodontic, and endodontic offices, including examples of those that could be delayed should be weighed against the following criteria when considering potential harm to a patient’s health and well-being:

- Expected advancement of disease process
- Possibility that delay results in more complex future surgery or treatment
- Increased loss of function
- Continuing or worsening of significant or severe pain
- Deterioration of the patient’s condition or overall health
- Delay would be expected to result in a less-positive ultimate medical or surgical outcome
- Leaving a condition untreated could render the patient more vulnerable to COVID-19 contraction, or resultant disease morbidity and/or mortality
- Non-surgical alternatives are not available or appropriate per current standards of care
- Patient’s co-morbidities or risk factors for morbidity or mortality, if inflicted with COVID-19 after procedure is performed

Furthermore, diagnostic imaging, diagnostic procedures or testing should continue in all settings based on clinical judgement that uses the same definition of harm and criteria as listed above.

