



MINISTRY OF HEALTH
SINGAPORE

MH 34:24/8

18 June 2020

All registered TCM practitioners

MOH CIRCULAR 157/2020

RESUMPTION OF TCM SERVICES, SAFE MANAGEMENT AND VISITOR POLICY IN PHASE TWO OF POST CIRCUIT BREAKER

MOH Circular No 133/2020 on the Tiered Resumption of TCM Services After COVID-19 Circuit Breaker Period dated 24 May 2020 provided instructions on the gradual resumption of more TCM services in Phase One of the post Circuit Breaker (CB) period. This Circular provides further guidance on the considerations for resuming all other previously deferred TCM services in Phase Two.

FULL RESUMPTION OF TCM SERVICES

Phase Two

2. The following TCM services may resume in Phase Two post CB:
 - a) Full resumption of TCM services i.e. TCM consultations, herbal dispensary, acupuncture and manipulative therapies like cupping, moxibustion, guasha and *tuina* are allowed for all patients **except** those with flu-like symptoms such as fever, sore throat, runny nose and cough. These patients should be referred to Public Health Preparedness Clinics (PHPC) to focus our primary care efforts to better detect and manage COVID-19 infections.
 - b) TCM aesthetics and wellness services



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3. TCMPs may offer clinic-based services, home-based therapy or a combination of both. TCMPs operating out of home-based offices may also resume services, subject to safe distancing and infection control measures.
4. Restrictions on number of acupuncture sessions per week and number of patients treated at each session will be lifted.
5. All TCMPs must continue to observe proper infection control guidelines as prescribed in Annex A.

DECLARATION OF PROVISION OF TCM SERVICES AT ONE PLACE OF PRACTICE

6. To ensure that efforts taken during CB period and Phase One of reopening are sustained, TCMPs who wish to practice during Phase Two are allowed to do so only at one place of practice.
7. TCMPs who have not practised during Phase One and would like to resume TCM practice after 19 June 2020 are reminded to submit to the Ministry of Health (MOH) only one place of practice and declare that you abide to provide the TCM treatment and for conditions stipulated only.
8. Please follow the below link or scan the QR code to submit the declaration, if you have not already done so.



www.go.gov.sg/moh-covid19-tcm-es-declaration



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CONTINUED NEED FOR VIGILANCE AND SAFE MANAGEMENT

9. The continued risk of possible resurgence of COVID-19 transmission in the community requires all TCM providers/TCMPs to maintain vigilance and preparedness. Strict social distancing and infection prevention and control measures must be implemented for all **staff, patients and caregivers**, including:

- a. No entry for anyone who presents with flu-like symptoms or on medical leave;
- b. Check-in using SafeEntry;
- c. To wash their hands with soap and water for at least 20 seconds or applying at least 60% alcohol-based disinfection rubs before entry;
- d. To wear a mask¹ at all times; and
- e. To maintain a distance of at least 1m between groups (e.g. from other patients and/or caregivers).

10. The vulnerable group of patients in Annex B should be provided with more information so that they and their caregivers can be aware of the risk and risk reduction measures to take in reducing infection from COVID-19.

11. For backroom and office-based settings, TCM providers/TCMPs should also comply with MOM's Advisory on the Requirements for Safe Management Measures at the workplace, updated as at 1 June 2020 and available on the MOM website: <https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>

12. This Circular is for your compliance. Please ensure that all staff are aware of the contents of this circular and comply with safe distancing and infection prevention and control measures. For clarification on this circular, please email MOH_INFO@moh.gov.sg.

A/PROF KENNETH MAK
DIRECTOR OF MEDICAL SERVICES
MINISTRY OF HEALTH

¹ Minimally a reusable mask





INFECTION CONTROL GUIDELINES

TCMPs must comply with all infection control practices prescribed in the “General Advisory on Good Clinical Practice and Infection Control for TCM Practice (2020)” when providing essential TCM services to patients.

In particular, the following infection control practices must be observed when performing needle acupuncture, including manipulative therapies like cupping, moxibustion, guasha and tuina massage.

- i. Hand hygiene must be strictly observed.
- ii. Surgical masks, gloves and other protective gear (e.g. disposable gowns when appropriate) must be used when performing acupuncture and manipulative treatment.
- iii. Proper disposal of used acupuncture needles and all other wastes.
- iv. Maintain a clean work environment.



VULNERABLE GROUPS

As more information emerges about COVID-19 infections, there has been further indication of groups who are at risk of poorer clinical outcomes in the event of a COVID-19 infection. Greater precautions should be taken for such individuals, in keeping with existing safe management measures applicable to the general population.

Such persons include:

- i. Persons who are aged 60 and above; and
- ii. Patients who are immunocompromised or have concurrent medical conditions such as obesity (BMI > 31), hypertension, diabetes, chronic heart and lung diseases, kidney diseases on dialysis, hypercoagulable states, cancer, or patients on drugs that cause immunosuppression.

Persons who are part of the groups identified above should take greater care to avoid exposure to COVID-19 infection. They should pay special attention to MOH's health advisories, to practise a high level of personal hygiene habits with frequent hand washing with soap and water. They should also comply with safe distancing and other infection prevention and control measures e.g. use of masks, avoiding crowds and avoiding close contact with others who are unwell. We also advise them to continue to take medications for any underlying health conditions exactly as prescribed, go for regular vaccinations based on clinical indication, and to seek medical attention promptly if feeling unwell.

Employers and caregivers for at-risk persons / groups should support them to adhere to the above advice.



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致：中医注册执业者

卫生部通告 157/2020

在阻断措施期后的第二阶段恢复中医服务和安全管理及访客政策

于 2020 年 5 月 24 日发布的卫生部通告 133/2020 《2019 冠状病毒疾病 (COVID-19) 阻断措施实施期后，分阶段恢复中医服务》就阻断措施期后的第一阶段，中医服务逐步恢复运营给予指示。此通告将之前需推迟的其他所有中医服务在第二阶段的恢复提供进一步指示。

全面恢复中医服务

第二阶段

2. 以下中医服务可在阻断措施期后的第二阶段恢复运作：

- a) 全面恢复中医服务，即允许为所有病人提供中医诊断、处方、针灸和其他疗法如拔罐、灸法、刮痧及推拿等，**但不包括**出现发烧、喉咙痛、流鼻涕和咳嗽等流感症状的病人。这些病人应该转诊到公共卫生防范诊所（PHPC），以集中基层医疗工作，并更好地监管 COVID-19 感染。
- b) 中医美容和保健类服务



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3. 中医师可同时在诊所或登门提供居家治疗服务。在居家办公的中医师也可以恢复服务，但必须遵守安全距离和感染控制措施。
4. 病人每周的针灸次数和中医师同时可治疗的病人人数将不再受限制。
5. 所有中医师必须继续遵守附件 A所规定的良好临床实践与感染控制指导原则。

申报一个中医执业地点

6. 为确保阻断措施期间和第一阶段重新开放期间所作的努力能够持续，希望在第二阶段恢复中医执业的中医师仍只能在一个执业地点行医。
7. 在第一阶段重新开放期没有执业，但打算在 2020 年 6 月 19 日恢复中医执业的中医师，必须向卫生部申报一个执业地点，并声明遵守所规定的中医治疗方法和条件。
8. 未申报的中医师，请通过以下链接或扫描 QR 码申报及提交声。



www.go.gov.sg/moh-covid19-tcm-es-declaration



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继续保持警惕和安全管理

9. COVID-19 在社区重新传播的风险持续存在，需要所有中医服务提供者/中医师保持警惕和做好准备。中医服务提供者/中医师必须为所有员工、病人和看护者实施严格的社交距离和感染预防与控制措施，包括：

- a. 不允许任何出现类似流感症状或正值病假的人士进入场所；
- b. 使用 **SafeEntry** 系统登记进入场所；
- c. 在进入场所前，访客需用肥皂和清水洗手至少 20 秒，或使用含有至少 60 % 的酒精消毒搓手液；
- d. 时刻佩戴口罩¹；和
- e. 在不同群组之间保持至少 1 米的距离（例如与其他病人和/或看护者）。

10. 中医师应该为附件 B 中所列出的弱势群体提供更多信息，让他们和他们的看护者能够意识到感染 COVID-19 的风险和降低此风险的措施。

11. 对于后勤和办公室场所，中医服务提供者/中医师也应遵守人力部《有关工作场所安全管理措施的要求》的指示。此份指示已在 2020 年 6 月 1 日更新，并上载在人力部网站 <https://www.mom.gov.sg/covid-19/requirements-for-safe-management-measures>。

12. 请遵守此通告，并确保所有工作人员都了解并遵守通告的内容与指示、安全距离和感染预防与控制措施。若对此通告有疑问，请发送电邮至 MOH_INFO@moh.gov.sg。

卫生部医药总监
麦锡威副教授

以上文件以英语原文为准

¹ 至少穿戴可重复使用性口罩





感染控制指导原则

在提供中医必要服务时，中医师必须遵守“中医行业的良好临床实践与传染控制的一般咨询”所规定的所有感染控制措施。

尤其是针刺、拔罐、艾灸、刮痧和中医推拿时，必须注意以下的感染控制措施。

- i. 必须严格遵守双手的卫生。
- ii. 在进行所有针刺和操作治疗时，必须使用手术口罩、手套和其他防护用具（例如：适当时使用防护服）。
- iii. 妥善处置使用过的针具和其他废物。
- iv. 保持清洁的工作环境。



弱势群体

随着更多有关 COVID-19 感染的信息出现，有更多迹象显示，某些群体一旦出现 COVID-19 感染，可能会有较差的临床结果。根据适用于一般人口的现有安全管理措施，这些群体应采取更严格的防范措施。

这类人士包括：

- i. 60 岁或以上的人士；和
- ii. 免疫功能受损或同时患有其他健康问题如肥胖症（体重指数 BMI > 31）、高血压、糖尿病、慢性心肺疾病、接受透析的肾病、高凝状态、癌症、或正服用会导致免疫抑制药物的患者。

属于上述群体的人士应该额外小心，避免 COVID-19 感染。他们应该特别注意卫生部的卫生指示，经常用肥皂和水洗手，养成高度的良好个人卫生习惯。他们也应该遵守安全距离和其他预防和控制感染的措施，例如使用口罩、避开人群和避免与其他身体不适的人士接触。若患有潜在健康问题，我们也建议他们继续按照医生的指示，按时服药，并根据临床适应症定期接受疫苗注射。若感到不适，应及时求医。

属高风险人士/群体的雇主和看护者应该鼓励他们遵守上述建议。