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Why were these guidelines developed?

All business and health care providers in private practice were required to develop guidelines that identify their plans to minimize the transmission of COVID-19 and keep the public safe.

The *Self-Employed Nurses During COVID: Additional Guidelines* were developed upon request of Public Health and the Nova Scotia Government as part of their COVID-19 re-opening plan for Nova Scotia. They were developed with guidance from Public Health and are based on core Public Health principles and current best evidence. They have been [approved for use by the Nova Scotia's Chief Medical Officer of Health](#).

How much time do I have to implement the recommendations in the guideline?

The guidelines include recommendations to prevent further spread of COVID-19 and keep you and your clients safe. Recommendations must be implemented before you re-open or continue your self-employed practice.

What is contact tracing?

[Contact tracing](#) is a process where-by Public Health follows up with any individual who has a positive COVID-19 test or who has been exposed to someone with COVID-19. You can facilitate this process by keeping a client registry with names and contact information in the event contact tracing is needed.

Can I provide some of my services remotely or virtually?

Yes. If its possible, you should use technology to collect data or information to minimize the amount of in-person time with your client to reduce the risk of transmission of COVID. NSCN has developed [guidelines about providing telenursing or virtual care during COVID](#) as well as [Telenursing Guidelines](#).

I provide foot care in clients homes. Some recommendations do not apply to me. What do I do?

The guidelines were written broadly enough to apply to the various contexts where self-employed nurses work. Not every recommendation will apply to every context. For example, as a mobile foot care nurse, you do not need to consider the recommendations for adequate spacing in a waiting room because you do not have a waiting room. Only implement the recommendations that apply to your setting.

I rent space in a clinic, but I do not own the clinic. What recommendations do I implement?

Implement the recommendations that are specific to your practice within the clinic and follow the clinic's COVID-19 policies.

I work as a contractor in health care facilities. What recommendations do I implement?

Implement the recommendations that are specific to your practice within the facilities and follow their COVID-19 policies.

I only work in my self-employed practice part time. Do I have to put the recommendations in place?

Yes.

What happens if I choose not to implement these guidelines?

Failure to comply with the recommendations may be violation of your [standards of practice](#) and [code of ethics](#) and could be deemed professional misconduct as a result.

I am a self-employed health educator. I don't see clients. Do I have to put the recommendations in place?

As an educator, your clients are learners. If you have direct contact with them, these recommendations apply. If you provide education virtually or remotely, the recommendations do not apply.

How do I document the recommendations I have put in place?

This is up to you. However, we suggest that you keep a written record of how and when you implemented any recommendation. Refer to the checklist in the guidelines as place to start. We also suggest that you keep detailed records about how often reusable equipment is assessed, inspected and cleaned and disinfected and the type of cleaning solution.

I have been purchasing my supplies as I need them. Do I need a formal supply chain?

Consideration for a supply chain is about making sure you have the necessary personal protective equipment (PPE) and supplies to safely provide self-employed nursing services. If you do not have a process, consider available options, to be prepared for subsequent waves of COVID-19. Self-employed nurses should not engage in practice if they do not have all of the required PPE.