



# COVID-19 HEALTH *Profile*

**G'ané Everheart**

PHYSIOTHERAPIST

When you visualise those on the front-lines of COVID-19, the image of a physiotherapist probably does not come to mind.

But it was all hands on deck when the pandemic hit and Ministry of Health Physiotherapist Ms G'ané Everheart quickly stepped forward to assist with COVID-19 contact tracing.

Prior to COVID-19, a typical day for her involved visiting patients in their residence or rest home, providing training to caregivers, supervising students and carrying out her duties as a member of the Rest Home Inspection Team.

Today, in addition to her new contact tracing role, she spends a lot of her time on the phone to patients, providing education and support remotely, as well as creating exercise programs for them to do.

“The best part of my job right now is that I have the opportunity to work with other members of the multi-disciplinary team that I ordinarily wouldn't have,” she said. “Every day that I can help someone—in whatever capacity—is a great day for me.

“What may surprise people about physiotherapists is that we don't just treat sports injuries and teach people how to walk again. Prior to and during COVID-19, physiotherapists also treat neurological impairments, women's health issues cardiovascular and respiratory conditions, as well as assisting oncology patients to improve their quality of life.”

Ms Everheart has a Master of Science in Physiotherapy, Bachelor of Science in Kinesiology, Certified in the Management and Treatment of Adults with Strokes and Brain Injuries (C/NDT).

