COVID-19 Impact: All Things Missed

This meeting will be recorded and will be available at www.fmda.org/journalclub.php
Agenda

COVID-19 State of the State

Remembering the Non-COVID Patient

Open Discussion
Current Situation in Florida

as of Wed 8/26/2020 10:42:11 AM EST

<table>
<thead>
<tr>
<th>Positive Residents</th>
<th>Positive Non-Residents</th>
<th>Total Cases</th>
<th>Deaths</th>
</tr>
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<tbody>
<tr>
<td>582,407</td>
<td>6,195</td>
<td>588,602</td>
<td>10,049</td>
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4,605 New Cases in FL Residents

8 Positive Residents Out of State

*117 New Deaths in FL Residents*

*Reported since yesterday*
COVID in LTC

Last Updated: 8/24/2020 6:06:12 PM

4,156 of 139,571 Total Residents
Positive as of August 25 (2.98%)

COVID Positive Residents (SNF & ALF)

4,179 of 195,968 Total Staff
Positive as of August 25 (2.13%)

COVID Positive Staff (SNF & ALF)

Data from AHCA ESS (Emergency Status System)

COVID positive residents and staff in Intermediate Care Facilities are not included in the bar chart totals. The data presented are reported by individual facilities and reporting errors may occur.
All Things Missed

The NON-COVID Patient Experience
Professor, University of Maryland School of Nursing

Elizabeth Galik PhD, CRNP, FAAN, FAANP
Impact of Social Isolation for the Long Term Care Resident without COVID-19

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Impact of COVID-19 on Residents

- Social Isolation
- Cognitive decline
- Behavioral symptoms of distress
- Lack of physical activity
- Increased functional disability
- Postponed medical care
- Caregiver stress
What type of visit will address the resident's needs and minimize the risk of infection?

- Telehealth
- Outside/Doorway/Window Visits
- Inside with physical distance
- Inside with physical contact
Consider the pros and cons of different visit formats

**Telehealth**
- Decreases risk of exposure to COVID-19
- Able to include family who may not live with the patient
- Confusing for those with cognitive impairment
- Need a caregiver who has some technological savvy or client support
- Often miss exam findings from the waist down

**Outside Visits**
- Decreases risk of exposure to COVID
- Great for observation: Able to assess mental status, gait, musculoskeletal exam, some aspects of a neuro-exam, skin integrity, edema (caregiver can help)
- Distancing makes communication more challenging
- Not helpful when palpation or auscultation is needed
Enhancing Communication at a Distance

- History by Phone, Exam by Visit
- Pocket Talkers
- Walkie Talkies
Common Challenges during COVID-19 for Long Term Care Residents

- Cognitive Decline
- Functional Decline
- Behavioral Symptoms of Distress
Assessment of Cognitive Decline

- Utilize a standardized instrument to assess cognition
- What are the changes in social/cognitive stimulation?
- Staff observations and family concerns and observations
- Have cognitive changes resulted in new safety risks?
  - Wandering
  - Lack of engagement
  - Nutrition and hydration
  - Fall risk due to deteriorating visual spatial skills
Managing Cognitive Decline

1. Always assume cognitive decline is subsyndromal delirium until proven otherwise; look at medications as a possible culprit and consider deprescribing (psychotropic medications, narcotics, anticholinergic medications).

2. Match appropriate sensory stimulation activities for the level of cognitive impairment (music, photos, time outside, simple puzzles, tactile activities, etc.).

3. Try to maintain a regular routine.
Optimizing Function and Physical Activity
Sit to Stand Exercises
Tips to Motivate Long Term Care Residents to Engage in Physical Activity

- Make it Fun
- Familiar
- Role Models
- Incorporate activity into the daily routine
- Use music to motivate
- Manage unpleasant sensations (fear of falls, anxiety, pain)
- Door exercises
- Physically distanced activities
- Outside activities
Get outside
Function Focused Care

- Optimizing Function with Physical Activity in Assisted Living Residents -

Video Coaching

https://functionfocusedcare.wordpress.com/video-coaching/
Assessing and Managing Behavioral Symptoms of Distress in Dementia: DICE Approach

• Describe the behavior

• Investigate the impact of:
  • Level of Cognitive Impairment
  • Environment
  • Caregiver Approach
  • Physical Medical Disorders
  • Psychiatric Symptoms

• Create a plan

• Evaluate effectiveness

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4146407/
Tips for Managing Behavioral Symptoms

- Explore triggers of behavioral symptoms
- Avoid too much talk and too much touch
- Avoid medications when possible
- Empathize with the emotion being expressed
- Avoid saying "No"
- Role model and cue for the desired behavior
- Reapproach
Caregiver Resources for Managing Behavioral Symptoms

• UCLA Caregiver Training Videos
  https://www.uclahealth.org/dementia/caregiver-education-videos

• Nursing Home Toolkit: Promoting Positive Behavioral Health
  http://www.nursinghometoolkit.com/

• Function Focused Care: Check out the last 7 training videos that focus on optimizing function and physical activity while also managing behavioral symptoms
  https://functionfocusedcare.wordpress.com/
Open Discussion
Questions & Comments

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