



The Covid-19 Pivot

*Optimizing care of the
elderly and long-term care
residents during the
pandemic*

Elise Levinoff, MD FRCP(C)

Andrea Moser, MD MSc CCFP CCPE

Michael Schwandt, MD MPH CCFP FRCPC

Allan Grill, MD CCFP(COE) MPH FCFP CCPE



Disclosure of Financial Support

Faculty/Speaker: Elise Levinoff

- Associate member of the Department of Medicine at the Jewish General Hospital

Faculty/Speaker: Andrea Moser

- Co-Lead Antibiotics Wisely in Long-term Care, Choosing Wisely Canada

Faculty/Speaker: Michael Schwandt

- Board Member for Basics For Health
- Research Grant Team Member for the Michael Smith Foundation for Health Research

Faculty/Speaker: Allan Grill

Relationship with financial sponsors:

- Physician Advisor for the College of Family Physicians of Canada.
- Chief of Family Medicine, Markham Stouffville Hospital
- Primary Care Provincial Medical Lead for CCO – Ontario Renal Network
- Member of the Canadian Drug Expert Committee for the Canadian Agency for Drugs and Technologies in Health
- Speaker for the 2019 Annual Scientific Assembly, OCFP
- Member of the Scientific Planning Committee, Ontario Lung Association

A watercolor illustration of a wind farm. In the foreground, a large wind turbine is depicted with blue and purple hues. The background shows a series of smaller wind turbines stretching across a landscape under a vibrant sunset sky with shades of orange, yellow, and pink. The overall style is artistic and painterly.

“

Mitigating Potential Bias

This program has not received financial or in-kind support.

The questions posed in today's webinar were developed by staff from the CFPC.

Recommendations are based on the on the evolving evidence and situation with the COVID-19 pandemic.



To claim Mainpro+ credits:

- Scroll through the chat window on YouTube or Facebook at the end of webinar
- Look for the survey link and click on it
- Complete the survey by end of day Sunday (April 26, 11:59 p.m. ET)

To join MiGroups:

- Register at <http://cfpc.timedright.com>
- Email migs@cfpc.ca

Learning Objectives

After this webinar presentation, the participant will be able to:

- Identify factors that make elderly patients in LTC settings more vulnerable to infections with COVID-19.
- Describe infection prevention & control protocols designed for LTC homes to prevent an outbreak and minimize the spread of infection.
- Explore the impact of COVID-19 on the mental health and well-being of elderly residents, physicians and staff associated with LTC homes.
- Recognize the importance of advance care planning and goals of care discussions to guide treatment decisions among frail elderly patients during the COVID-19 pandemic.

Infection Prevention and Control in Long Term Care Homes

Recommendations for staff:

- Restrict staff to essential workers (e.g. basic personal care, phlebotomy)
 - Staff to work in only one LTC facility during the pandemic*
 - *Protection:*
 - All staff to wear masks
 - Staff training for proper use of PPE, hand hygiene, physical distancing in the workplace
 - *Staff screening and illness:*
 - Daily temperature check
 - Test all symptomatic staff suspected of COVID-19 infection
 - Encourage staff to report if they are feeling unwell and to stay home/self-isolate
- *Patient care:*
 - Review site's ability to isolate residents suspected of infection
 - Post clear signage to indicate which patients are on isolation
 - Organize staff to work only with suspect/confirmed residents with COVID-19 or non-infected residents; not both
 - Minimize # of visits to patient by clustering tasks
 - Regular communication with staff (e.g. team huddles)
 - Liaise with local hospital when LTC residents need hospitalization and how the process of transfer will work

Recommendations for patients:

- Isolate symptomatic patients and have them tested for COVID-19
- Test all incoming patients prior to transfer to LTC if coming from another HC facility; isolate for 14 days
- Restrict patients to their rooms – including dining
- Cancel non-essential outings
- Essential group activities should be restricted to a single unit
- Ensure immunizations are up to date (influenza, pneumonia)

Recommendations for visitors:

- Restrict all visitors (unless patient is receiving end of life care)
- Limit entry points to the building
- Conduct screening at entrances and provide masks

Environmental considerations:

- Regular cleaning of frequently touched surfaces
- Appropriate number and placement of alcohol-based hand sanitizer dispensers (e.g. in hallways, at entry to each resident's room and at points of care, communal areas)
- Post signage reminding everyone about physical distancing and hand hygiene
- Materials (e.g. craft supplies, books, etc.) should not be shared unless cleaned and disinfected

* may not extend to all physicians depending on their local hospital policies

Preventing Staff Burnout

Staffing Considerations

- Alternate assignments
- Routine acknowledgement of the important role staff plays in LTC homes
- Mental health support program
- Mandatory days off
- Partner inexperienced workers with more experienced colleagues.
- Implement flexible schedules for workers who are directly impacted or have a family member affected by a stressful event.
- Buddy system
- Team meets/huddles (with physical distancing) at the start/end of shifts to share and prepare.

Personal

- Encourage rest and respite during work or between shifts; regular meals with healthy food; engage in physical activity; stay in contact with family and friends
- Minimize watching, reading or listening to news about COVID-19 that causes anxiety or distress
- Seek information only from trusted sources



To claim Mainpro+ credits:

- Scroll through the chat window on YouTube or Facebook at the end of webinar
- Look for the survey link and click on it
- Complete the survey by end of day Sunday (April 26, 11:59 p.m. ET)

To join MiGroups:

- Register at <http://cfpc.timedright.com>
- Email migs@cfpc.ca



CFPC's Live-Stream Clinical Webinar Series:

Practical Talks for Family Docs

April 30, 2020 at 12 p.m. (ET):

The COVID-19 Pivot:

*Acute management in the emergency department
and ongoing hospital care*

May 7, 2020 at 12 p.m. (ET):

*The COVID-19 Pivot: PEER's review of the
evidence for COVID-19*

Visit cfpc.ca/clinicalwebinars

Resources:

The CFP journal recently published this blog on Elderly and LTC homes: <https://www.cfp.ca/news/2020/04/17/04-17>

References

Slide 6:

1. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection>
2. Ministry of Health, Ontario. COVID-19 guidance: Long-term care homes. April 15, 2020.
3. World Health Organization. Infection prevention and control guidance for long-term care facilities in the context of COVID-19: interim guidance. March 21, 2020.
4. Shared Health, Manitoba. COVID-19 Highlights – Long term care. Mar 27, 2020.
5. Sokolowksi M, Kim G, Perri G, et al. Advanced care planning (ACP) and goals of care (GPC) conversation guide during the COVID-19 pandemic: for Baycrest Physicians. April 11, 2020.

Slide 7:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>