

Care Planning for Residents with Suspected or Confirmed COVID-19

Interdisciplinary Long-Term Care Practice Team

Care Plan for Residents with COVID -19 or Suspected COVID -19

Use this care plan for all residents with suspected or confirmed COVID-19.

Supportive care improves comfort and outcomes for people with COVID-19. Regular huddles to discuss care needs improve communication, alerts staff to current status, provide guidance for staff, and improves outcomes for residents and quality of care. Follow IPAC/ CLEAR team recommendations regarding use of PPE and hygiene practices. <http://ipac.vch.ca/>

| Need | | Interventions – Check all that Apply |
|--|--------------------------|--|
| Communication and Serious Illness Conversation | <input type="checkbox"/> | <ul style="list-style-type: none">• Inform residents and family members of COVID-19 outbreak, measures being implemented and available support.• Discuss with MRP - Update Goals of Care, MOST as per discussion with resident / family• Align care plan with Goals of Care / MOST• Review goals of care on change of condition |
| Vital Signs Respiratory Assessment | <input type="checkbox"/> | <ul style="list-style-type: none">• Monitor Temp, BP, Pulse• Perform Respiratory assessment: Resp Rate, Oxygen Saturations, auscultate lung, observe for accessory muscle use, cyanosis. If respirations are rapid, shallow or using accessory muscles this signifies respiratory distress report to MRP to discuss initiation of Respiratory Distress orders• Position to minimise respiratory effort e.g. elevate head of bed, high Fowler's position• Promote respiratory hygiene and deep breathing exercises |

| Need | | Interventions – Check all that Apply |
|------------------------|--------------------------|--|
| Hydration / Nutrition | <input type="checkbox"/> | <ul style="list-style-type: none"> ● Monitor fluid intake, offer fluids regularly. Discuss with interdisciplinary team if intake inadequate and adjust care plan. Hydration Decision Support Tool http://shop.healthcarebc.ca/vch/VCHDSTs/D-00-07-30040.pdf ● Monitor for signs of dehydration, consider hypodermoclysis if hydration not maintained orally (Hypodermoclysis Decision Support Tool: http://shop.healthcarebc.ca/vch/VCHDSTs/D-00-07-30041.pdf) ● Video Demonstration – Hypodermoclysis https://youtu.be/wFDKbT8PE2k ● Video Demonstration – Pumpette 2 https://youtu.be/6b-1sbFzYvA ● Support independence with meals as much as possible – see guide (to be linked once uploaded) |
| Mobility and Skin Care | <input type="checkbox"/> | <ul style="list-style-type: none"> ● Assess skin for pressure injury at least each shift. If resident unable to self-reposition implement repositioning schedule q 2hourly. Consider OT/ PT consult to maintain mobility and safe positioning ● For pressure injury prevention tips See –https://www.clwk.ca/buddydrive/file/qrg-pip-for-individuals-with-covid-ard-2020-june-final/ ● Consider pressure redistribution mattress surface. For clinical decision support on choosing mattress surfaces: https://www.clwk.ca/buddydrive/file/bc-provincial-support-surface-selection-algorithm-2020-february/ ● Consider using Mepilex Border for prevention skin injury. ● https://www.clwk.ca/buddydrive/file/mepilex-border-for-pressure-injury-prevention/ (to view VIDEO Top Left Corner of document use google chrome) ● Balance activity and rest. Where able encourage / assist resident to walk within room |

Supporting Independence and Participation at Mealtimes in Long-Term Care during COVID-19

Taking the time required for proper handwashing, infection control practice and PPE use has stretched our resources in LTC. This may, in turn, impact how our residents receive adequate nutrition and hydration.

Consider the people who *already work* within your LTC setting, and how you might empower these individuals to support your residents during mealtimes.



Photo from: <https://www.selfhelpelderly.org/our-services/nutrition-services/congregate-meals>

Remember that many of our residents *still have some ability to feed themselves*, but they may require support and training to do so. Occupational Therapists and Rehab Assistants at your home can provide this support and training to residents.



Restlessness

Examples: *pacing up and down, fidgeting, and seeking out ways to exit*

- Ask the person if they are looking for something or someone
- If they fidget, give the person something to occupy their hands such as worry beads or a box of items that means something to them
- Have a daily routine that includes exercise such as a walk or seated exercise
- If seeking out ways to exit, ask them where they want to go and use verbal redirection technique
- Disguise the exit door with an image such as a book case or garden
- Engage them in activities that involve movement



Verbal Expressions

Examples: *shouting, yelling, name-calling, swearing*

- Ask the person's permission before turning the light on or off OR before turning the volume up or down
- Use relaxing approaches like music, aromatherapy, massage or touch
- Use a night light in the bedroom. Consider how a person's room looks in the dark and whether anything could be interpreted as frightening to them
- Consider having their side or hallway checked

Vancouver Coastal Health

Managing Responsive Behaviours

During COVID-19



Steps for successful verbal redirection



1. **VALIDATE** the person's reality and emotional state.



2. **JOIN** in that person's reality and listen to his or her perspective.



3. **DISTRACTION** is then easier and works best with people who have severe memory or attention problems.



4. **REDIRECTION** may finally be possible without directly preventing the person from accomplishing the now-forgotten goal.

"Your purse has been stolen? I understand why you are so upset."

"You need to keep looking for your purse? Well, I am trying to look for something too. Let's look together."

"Let's look for your purse over there where people are having coffee."

"That coffee smells good; would you like a cup?"

(Adapted from: *Gentle Persuasive Approaches 2nd Edition*. Website: <https://logn>)