

WELCOME

All Names in Chat

Please type the name(s) of everyone at your facility in the attendance in the chat.

- This helps us know and track your facilities attendance for payment

Mute

Please remember to mute your audio when you're not speaking.

Cameras

As part of participation in this ECHO session, we ask that you have your cameras turned on in order to build a more engaging community of practice.



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Poll

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Visitation and COVID-19

SESSION 12

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Video: Post Vaccination Visitation

Indoor Visitation

- Permit indoor visitation all all times, for all residents except for:
 - Unvaccinated residents
 - COVID-19 county positive rate is >10% AND <75% of residents fully vaccinated
 - Residents on Transmission-based Precautions for confirmed COVID-19
 - Residents on quarantine



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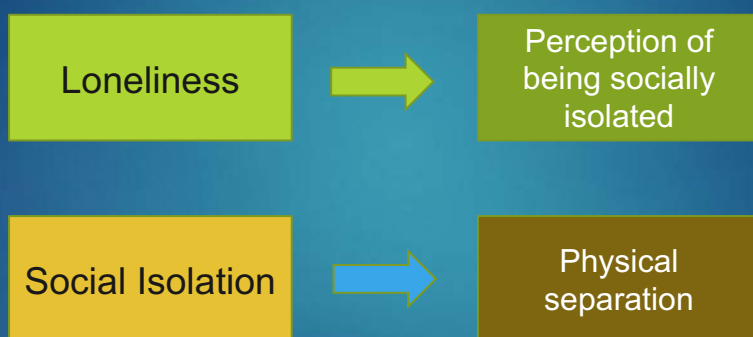
What do we know about social isolation and loneliness in older adults?

- ▶ Older adults are highly vulnerable to social isolation



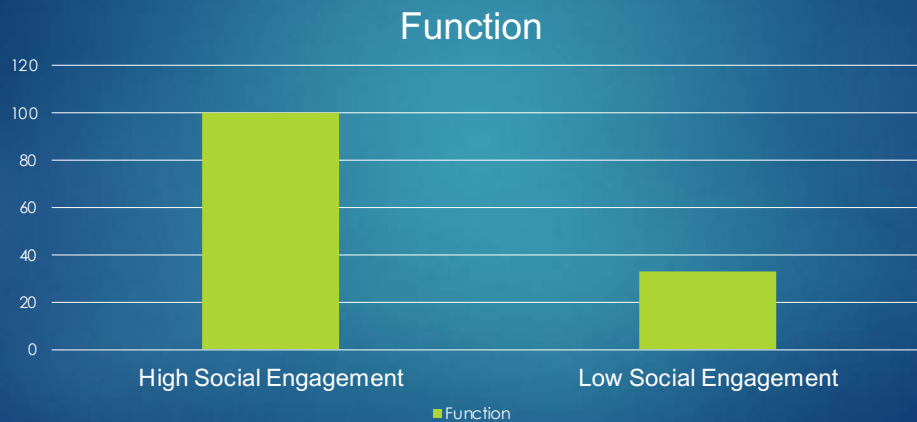
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Loneliness versus Isolation



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Low social activity reduces cognitive and physical function



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Loneliness associated with physiological and health changes

- ▶ Depression
- ▶ Cognitive impairment
- ▶ Premature death
- ▶ Cardiovascular disease
- ▶ Altered immune system
- ▶ Cancer

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UCLA Version 3 Loneliness Scale

Instructions: The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by placing a check in the space provided. Here is an example: How often do you feel happy? If you never felt happy, you would check "never"; if you always feel happy, you would check "always."


	NEVER 1	RARELY 2	SOMETIMES 3	ALWAYS 4
*1. How often do you feel that you are "in tune" with the people around you?				
2. How often do you feel that you lack companionship?				
3. How often do you feel that there is no one you can turn to?				
4. How often do you feel alone?				
*5. How often do you feel part of a group of friends?				
*6. How often do you feel that you have a lot in common with the people around you?				
7. How often do you feel that you are no longer close to anyone?				
8. How often do you feel that your interests and ideas are not shared by those around you?				
*9. How often do you feel outgoing and friendly?				
*10. How often do you feel close to people?				
11. How often do you feel left out?				
12. How often do you feel that your relationships with others are not meaningful?				
13. How often do you feel that no one really knows you well?				
14. How often do you feel isolated from others?				
*15. How often do you feel you can find companionship when you want it?				
*16. How often do you feel that there are people who really understand you?				
17. How often do you feel shy?				
18. How often do you feel that people are around you but not with you?				
*19. How often do you feel that there are people you can talk to?				
*20. How often do you feel that there are people you can turn to?				

Scoring: Items that are asterisked should be reversed (i.e., 1, 4, 2, 3, 3, 2, 4, 1), and the scores for each item then summed together. Higher scores indicate greater degrees of loneliness. From Russell DW: UCLA Loneliness Scale (Version 3): reliability, validity, and factor structure, *J Pers Assess* 66:20-40, 1996.
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UCLA
Loneliness
Scale

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By contrast.....high socialization enhances exceptional longevity



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Families continue to be the mainstay of long term care and social support.

Four support categories:

- ▶ Emotional support
- ▶ Instrumental support
- ▶ Informational support
- ▶ Financial support



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Emotional Support

- ▶ Empathy
- ▶ Caring
- ▶ Love
- ▶ Concern



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Instrumental Support

- ▶ Helping with rehab (for example, bedside range of motion)
- ▶ Arranging for hair salon
- ▶ Supplying personal items, pictures
- ▶ Reminiscence therapy



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Information Support



- ▶ Manage wealth and property
- ▶ Decision making support
- ▶ Arbitrate WHAT MATTERS

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Financial Support

- ▶ Wealth transfer between generations
- ▶ Insurance claims (VA, Medicare, Private Pay)



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Some risk with instrumental support (e.g., feeding or transfer assistance)

- ▶ Feelings of helplessness
- ▶ Perception of low autonomy
- ▶ Reduced self – efficacy
- ▶ Loss of control



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Adult children of older adults

- ▶ Sons: focus on mobility / environment
- ▶ Daughters: focus on social well – being and provide advice
- ▶ Adult children are less likely to engage divorced parents, especially the father
- ▶ Older adults with multiple children receive more attention.

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Example of a Boston SNF promoting social interactions of residents with family



Window Visits !!!

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In CHAT BOX

- ▶ List your facility's innovative solution for promoting family encounters during quarantine.
- ▶ For example, using walkie – talkie app for window visits.

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VIRTUAL VISITATION

- Alternate method of connecting residents with family and friends.
- Preferred method of visitation to minimize potential transmission of infection.

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Home COVID-19 Action Network



Agency for Healthcare
Research and Quality



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In CHAT BOX

- ▶ List any interesting moments, barriers or successes with Virtual Visits



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Outdoor visits

- ▶ Staggered, scheduled visits for 15 – 30 minutes
- ▶ Pre – screening
- ▶ Disinfect area and air circulation



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Indoor visits

- ▶ Visit room
- ▶ Symptom / temp screen
- ▶ Separate log for visitation room for contact tracing
- ▶ Spaced, scheduled visits
- ▶ Disinfect



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Indoor visits

- ▶ Staff supervision, especially with cognitively impaired residents



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CMS QSO-20-39-NH – September 17, 2020

Supersedes and replaces previously issued guidance and recommendations regarding visitation

- CMS is committed to continuing to take critical steps to ensure America's healthcare facilities are prepared to respond to the Coronavirus Disease of 2019 (COVID-19) Public Health Emergency (PHE)
- Visitation Guidance: CMS issued new guidance for visitation in nursing homes during the COVID-19 PHE. The guidance provides reasonable ways a nursing home can safely facilitate in-person visitation to address the psychosocial needs of residents
- Use of Civil Money Penalty (CMP) Funds: CMS approves of the use of CMP Funds to purchase tents for outdoor visitation and/or clear dividers (e.g. Plexiglass or similar products) to create physical barriers to reduce the risk of transmission during in-person visits.

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Case Study

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Case Study and Questions

- ▶ Your interdisciplinary team developed a goal to improve the COVID screening process.
- ▶ Now that the action steps/interventions have been outlined it is time to monitor progress.

SMART Goal: In one month, we will reduce new COVID-19 outbreaks by 75%, by adapting screening policy and procedure.



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Monitoring

- ▶ Monitoring data throughout a project is essential to ensure reliability of a process
 - ▶ Monitor completion of action steps listed in PIP
 - ▶ Monitor success of process implementation
 - ▶ Refer to goal to monitor data that your plan is attempting to achieve.

SMART Goal: In one month, we will reduce new COVID-19 outbreaks by 75%, by adapting screening policy and procedure.



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Monitoring

Plan	Do			Study and Act	
List the tasks to be done	Responsible Team Member	Start Date	Actual Completion Date	Comments/Lessons Learned	Adopt/Adapt/Abandon
Create new screening log. (and tracker for testing change)	ADON/Screeener	1/26/2020	1/28/2020	Click or tap here to enter text.	Click or tap here to enter text.
Update screening policy to include exposure.	ADMIN	1/26/2020	1/28/2020	Click or tap here to enter text.	Click or tap here to enter text.
Hire/designate staff to conduct screening for all vendors	Staffing Coordinator	1/26/2020	1/28/2020	Click or tap here to enter text.	Click or tap here to enter text.
Track/Test Change	ADON/Screeener	2/1/2021	2/5/2021		



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Data Collection

Vendor name	Date at SNF	Screened for COVID symptoms ?	Bianax test ?	Denied entry to SNF ?
X ray tech	Jan 21, 2021	Yes	No	No
DJ's cleaning	Jan 22, 2021	Yes	No	No
Medical director	Jan 23, 2021	Yes	Yes	No



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Monitoring

- Review the SMART goal written at the beginning of the PIP to determine what data to monitor.

Goal: Specific Measurable Action-Oriented Realistic Time Bound	In one month, we will reduce new COVID-19 outbreaks by 75 percent, by adapting screening policy and procedure.
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- Now that data has been determined we should look at a baseline to build from to show improvement.



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Monitoring

Benchmarks/metrics [how will we measure progress?]	Study and Act					Comments
	Baseline 1/29/2021 (total number from Jan)	First Measurement 2/5/2021 (week)	Second Measurement 2/12/2021 (week)	Third Measurement 2/19/2021 (week)	Final Measurement 2/26/2021 (week/month)	
Actual number of vendors denied access to facility per week	2	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.		Click or tap here to enter text.
Actual number of new cases per week.	15	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.		

SMART Goal: In one month, we will reduce new COVID-19 outbreaks by 75%, by adapting screening policy and procedure.



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Poll

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Summary

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Visitation



Virtual

Face time, Zoom, Skype, Google Duo




Outdoor

Window visits
Designated outdoor visitation space



Indoor

Compassionate Care visits
Designated indoor visitation space
Resident room visits

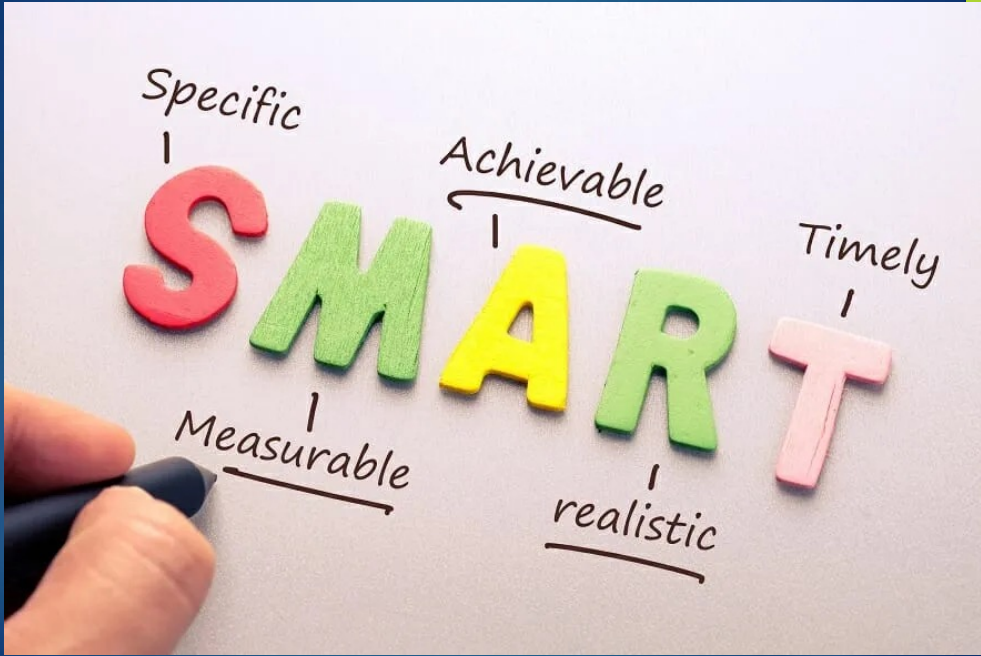
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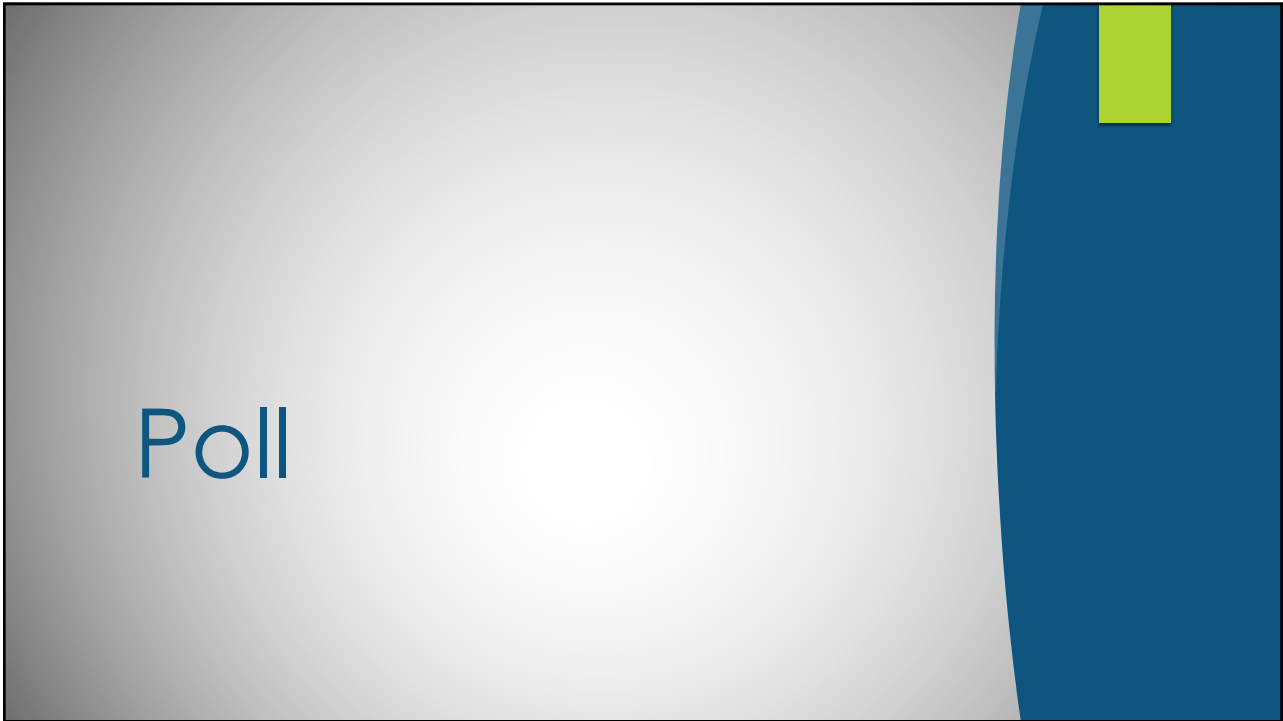


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