

## Welcome! We will get started momentarily.

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# Nursing Home Quality Essentials Spotlight: Infection Prevention

Holistic Approaches to COVID-19 Infection Prevention: A Focus on Dementia Care

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As part of a contract extension from CMS, we're thrilled to relaunch Nursing Home Quality Essentials, focusing on infection prevention and control!

Join us twice a week for engaging 30-minute sessions tailored for long-term care providers. Each session will spotlight a new aspect of infection prevention, with actionable insights and strategies to integrate directly into daily practices.

Topics may include vaccines, healthcare-acquired infections, rehospitalizations, NHSN reporting, health literacy and more — each aimed at enhancing your infection prevention efforts.

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# Holistic Approaches to COVID-19 Infection Prevention: A Focus on Dementia Care



## Objectives

- Describe the specific effects of COVID-19 on individuals living with dementia
- Define elements of dementia care plans for COVID-19 outbreak
- Discuss key communication strategies to utilize in dementia care
- Provide strategies for COVID-19 specific challenges of dementia care



## Holistic Approaches



- Holistic approaches to COVID-19 infection prevention help ensure that all the individual physical, psychological, emotional, cultural and spiritual needs and preferences are covered for those residents living with dementia
- Strategies focus on the resident's emotions, strengths and remaining abilities to provide comprehensive care

Holistic Care

https://www.aacnnursing.org/





## Impact of COVID-19 on Individuals Living with Dementia



- Higher rates of mortality and morbidity
- New or worsening neuropsychiatric symptoms
- Agitation, depression, apathy and anxiety are the most commonly reported signs/symptoms
- Worsened cognitive decline



#### Instructions





What is your biggest challenge in maintaining infection prevention standards for individuals living with dementia?

Keeping them in isolation

Isolating

The residents won't stay in there rooms

Keeping residents isolated

Isolation

Isolation

Consistency and memory retention

Dementia residents don't understand the importance





What is your biggest challenge in maintaining infection prevention standards for individuals living with dementia?

Isolation

Isolation without having increase in behaviors

Keeping them separate,

Isolating

unable to get resident to maintain infection prevention measures and maintain res rights Good infection infection control practice among residents

Isolation





### Emphasizing Holistic and Person-Centered Care

- Effective strategies will be tailored to the individual
- A team-based approach is essential
- Develop individual and specific dementia care plans
- Document and share with the healthcare team, encourage input from family member
- Refine and update care plan as often as needed and report out to the team





#### Verbal and Non-Verbal Communication

- - one
  - Pitch
  - Rate
  - Pause

- Verbal
  Non-verbal
  - Gestures
  - Facial expressions
  - Posture





#### Dementia Care Plan for Isolation

#### ROUTINES AND CARE DURING ISOLATION:

Use this section to record any new routines that will be used during the isolation period.

For example: Transfer to wheelchair after breakfast and back to bed after lunch.

- After breakfast: set up tablet with YouTube with her favorite songs, videos with subtitles
- Offer tea with each snack pass

#### **CUES AND REMINDERS:**

Use this section to record specific cues and reminders that have been effective to help the resident.

For example: Resident can understand that there is a bad virus, and they need to stay in their room, but needs reminding at every interaction. Point to signs to reinforce this.

- Rhoda understands need for infection control measures (used to be a nurse, but needs frequent reminders)
- Place posters on Rhoda's door to remind her of infection control measures
- Place masks by Rhoda's door in case she leaves room alone

#### ACTIVITIES:

Use this section to record what activities the resident can do and enjoy while in isolation in their room.

For example: Enjoys watching old golf games on You tube. Likes to listen to JazzFM and drink tea.

- Give "productive" tasks that Rhoda can perform in her room, like folding towels
- Video calls with her nephew when she is anxious
- Put videos on her tablet of St Michael 's choir performances on YouTube

#### SUPPORTING NEEDS:

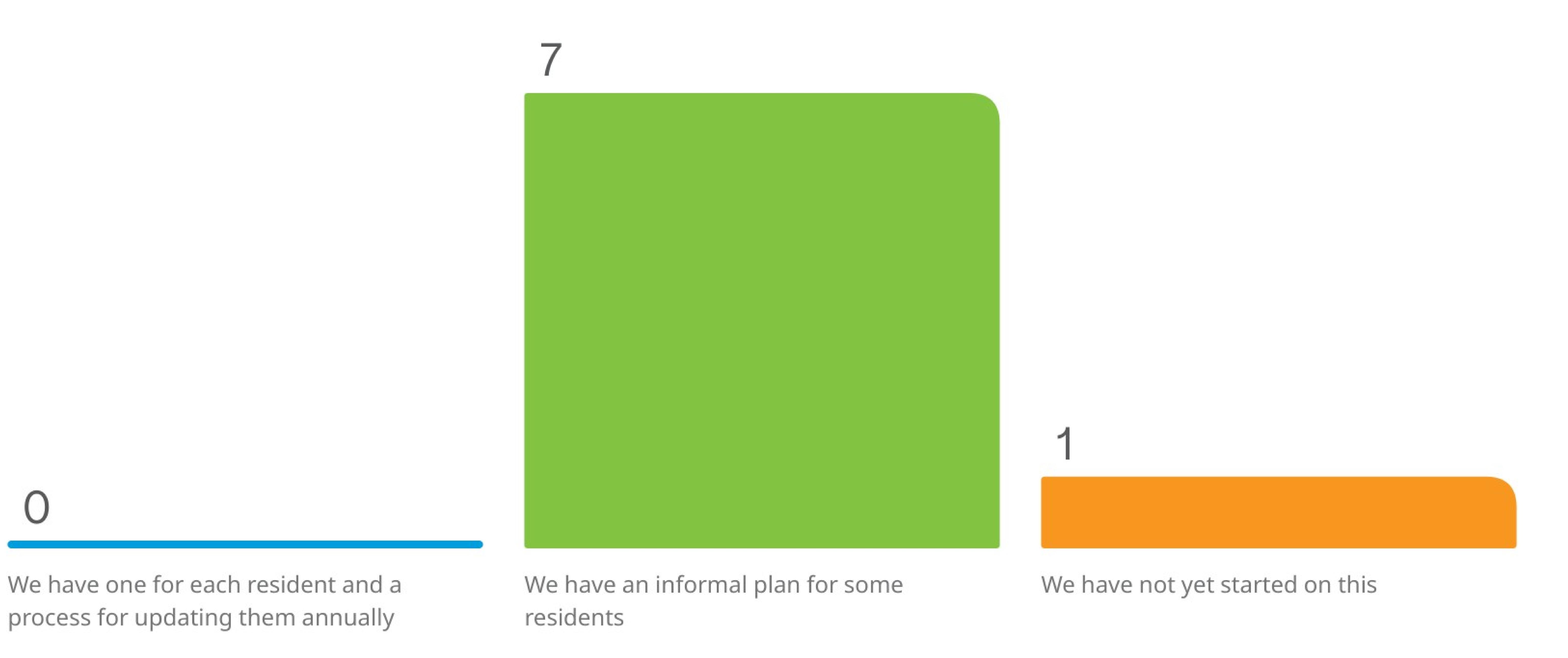
Use this section to record additional ways the staff can ensure their needs while isolated are met.

For example: Check every shift to ensure resident's tablet is charged and within reach. Check the resident is satisfied with the radio volume. Bring fresh tea often.

- Enjoys having a clean room, help tidy with her and give her a duster or cloth she can use
- Really likes her soft sweaters (blue and grey cashmere)
- Reassure her that she is doing everything right and that she is not being punished. Validate that she is being really helpful by staying in her room



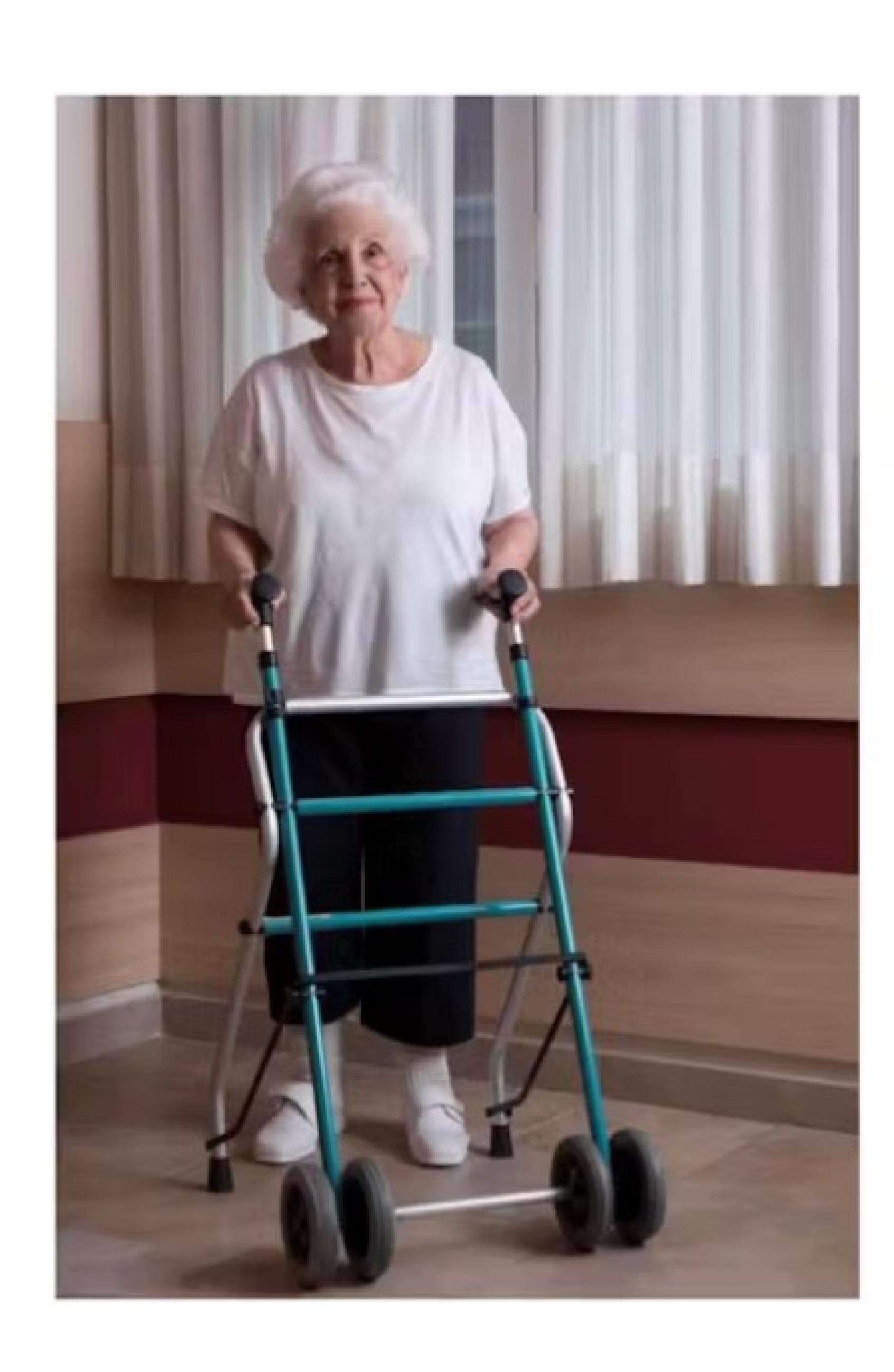
## Where does your home most closely fall on the spectrum of creating holistic, person-centered dementia care plans specific to COVID-19 isolation?







### Residents Entering and Exiting Isolation Rooms



- Preventing residents who are NOT positive from entering an isolation room (e.g., "Stop, Do Not Enter" "Do Not Disturb" "We Are Closed" signs)
- Preventing COVID-19 positive residents from exiting their room
- Prioritize attending to physical needs
  - Visual cues to a bathroom
  - Regularly offering food and drinks
  - Assessing and treating pain
  - Providing activities



## Strategies for Reducing Face Touches

- Prevent dry skin and lips
- Keep glasses clean
- Maintain shaving if that is the preference
- Complete regular oral hygiene





## Strategies for Hand Hygiene



- Supervised, scheduled hand hygiene
- Demonstrate hand hygiene and assist as necessary
- Encourage singing to make 20 seconds more pleasant to measure
- Hand-over-hand technique
- Dementia-friendly signs to remind others to perform hand hygiene



## Strategies for Encouraging Mask Wearing

- Encourage staff to be consistent with masking up
- Create photo badges of staff with and without masks
- Allow resident to see your face and hear your voice prior to donning mask
- Use smiley faces stickers, or create funny characters or animals like cats and dogs on the front of masks to encourage residents to wear them or at least bring a smile to their face when worn by staff





## Strategies for Improved Participation

- Work within routines as much as feasible
- Approach respectfully (knock, announce, provide privacy)
- Provide scaffolding as needed
- Demonstrate what you're asking them to do
- Praise every small success and independent effort
- Stop at the onset of frustration



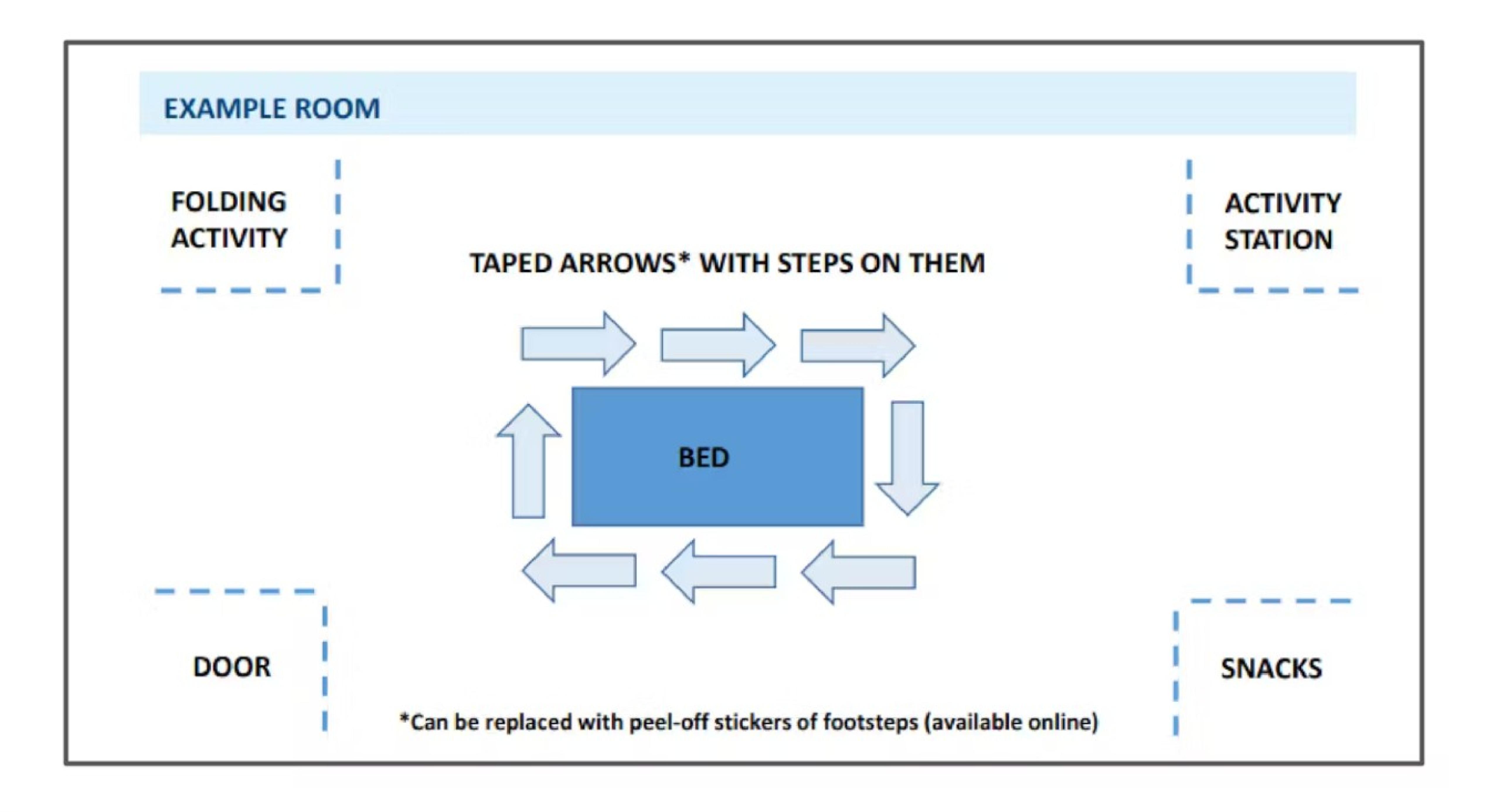


Type in a person-centered intervention that has worked well at your nursing home during an outbreak.

6 responses

reminder signs musical activities Signs smiley face stickers mask wearing hallway activities

## Dementia Care for Those who Wander During Isolation







#### Leave in Action

- Develop a holistic, person-centered isolation dementia care plan with residents, their family and those closest to the resident from their care team (e.g., nurse aides, EVS, dietary aides, activities team, social workers, therapy)
- Promote dementia-friendly interventions to mitigate spread of infection (e.g., hand hygiene, PPE, wandering, visual cues)
- Provide staff training on communication strategies to increase participation in infection prevention processes by staff and residents alike
- Promote conversations about personalizing dementia care by conducting daily purposeful rounds each shift



> Questions?





# Thank You for Attending Today's Session!

Your feedback is valuable!

Please stay on to complete a brief 5-question assessment.

Your anonymous feedback helps us improve future sessions.

An open-ended question is included for additional comments.

Thank you again for your participation!

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#### Thursday, January 23, 2025

A Nursing Home Corporation's Approach to Vaccine Implementation: Strengthening Care Through Protection

#### Tuesday, January 28, 2025

The Link Between Infection Prevention and Social Drivers of Health in Resident Care

#### Thursday, January 30, 2025

Optimizing Infection Prevention and Control: Leveraging Assessment and Audit Tools

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