

FRONTLINE BEST PRACTICE FOR SUPPORTING RESIDENTS IN CARE HOMES WITH COVID-19

RECOGNITION

CLASSICAL SYMPTOMS IN THE GENERAL POPULATION

FEVER, COUGH, LOSS OF TASTE/SMELL, BUT...

WIDER RANGE OF SYMPTOMS IN OLDER ADULTS

 LETHARGY/FATIGUE

 REDUCED APPETITE/FLUID INTAKE

 LOOSE STOOLS, NAUSEA, ABDOMINAL PAIN

 HEADACHE, NEW ACHES + PAINS

CHANGE IN BEHAVIOUR IS COMMON WHEN UNWELL, PARTICULARLY IN THOSE LIVING WITH DEMENTIA

SIGNS OF DELIRIUM

AGITATED, RESTLESS

SLEEPY, LESS ACTIVE

CHANGE IN LEVELS OF CONFUSION

DISCUSS YOUR CONCERNS WITH THE HOME'S GP OR ANP

CONSIDER: PASSING URINE NORMALLY?

EATING + DRINKING NORMALLY?

COMMUNICATING AS NORMAL?

CHANGE IN BOWEL HABITS?

CHANGED MOBILITY?

ALWAYS CONSIDER OTHER MEDICAL CAUSES


KNOWING THE PERSON IS THE MOST CRITICAL FACTOR IN DETECTING WHEN THEY ARE NOT THEMSELVES.

MANAGEMENT

THE MOST VALUABLE PART OF COVID CARE IS THE PERSON-CENTRED CARE YOU SPECIALISE IN GIVING

 PROMOTING REGULAR ORAL FLUID INTAKE

CHECKING TEMPERATURE

 CONTROLLING FEVER/SHAKES/SHIVERS - COOL CLOTHS, REMOVING LAYERS, PARACETAMOL

 OXYGEN MAY BE HELPFUL WHERE LEVELS ARE LOW, AND CAN BE ARRANGED IN THE HOME

 LOOK FOR SIGNS OF PAIN AND TREAT, REDUCING DISTRESS

CHECK YOUR RESIDENT'S CARE PLAN AND WISHES 

TALK TO THOSE WHO ARE IMPORTANT TO THE RESIDENT

RECOVERY FROM COVID-19 CAN BE UNPREDICTABLE. DESPITE YOUR BEST INTERVENTIONS - SOME RESIDENTS WILL STILL DIE.

ALL WILL BENEFIT FROM YOUR CARE & SUPPORT



Scottish Government
Riaghaltas na h-Alba
gov.scot

PLAIN TEXT VERSION + GUIDANCE VIDEO:
www.gov.scot/coronavirus-care-home-guidance



RISK REDUCTION



REGULAR HANDWASHING + USE OF ALCOHOL GEL



USE OF PPE:
FLUID-RESISTANT MASK, APRON, GLOVES + EYE PROTECTION



ISOLATION AS SOON AS SYMPTOMS DETECTED

REGULAR STAFF TESTING AND EARLY RESIDENT TESTING TO IDENTIFY OUTBREAK QUICKLY 




AVOID CROSSOVER BETWEEN SYMPTOMATIC AND ASYMPTOMATIC RESIDENTS 

REDUCING FOOTFALL

WIDER HELP

YOU ARE NOT ALONE FACING THE CHALLENGES OF COVID-19

HELP IS AVAILABLE 24/7 FROM YOUR GP PRACTICE OR NHS24 VIA 111. THEY CAN GIVE ADVICE OR DO A VIDEO CONSULTATION WITH YOU AND YOUR RESIDENT 

IN-PERSON ASSESSMENT CAN BE PROVIDED WHEN NEEDED

CONTACT YOUR LOCAL HEALTH PROTECTION TEAM IF YOU ARE CONCERNED A RESIDENT MAY HAVE COVID-19 CARE HOME GUIDANCE IS AVAILABLE ONLINE FROM PUBLIC HEALTH SCOTLAND AND THE SCOTTISH GOVERNMENT

STAFF WELLBEING SUPPORT IS AVAILABLE AT WWW.PROMIS.SCOT

TURAS
SAFETY
HUDDLE