

## Supporting NPs in LTC through COVID-19

Meeting #7- April 20, 2020

Agenda Items	Discussion Points
PPE	<ul style="list-style-type: none"> <li>• All staff and visitors in long-term care and retirement homes should be adhering to <i>universal masking</i> (wearing a mask at all times to prevent COVID transmission). If your facility is short on PPE, please let your regional PPE coordinators know: <a href="https://myrnao.ca/sites/default/files/attached_files/PPE%20Leads%20-%20April%205%2C%202020.pdf">https://myrnao.ca/sites/default/files/attached_files/PPE%20Leads%20-%20April%205%2C%202020.pdf</a></li> <li>• If you continue to experience issues, please let Doris know: dgrinspun@nao.ca.</li> </ul>
Testing + COVID-19 Outbreaks	<ul style="list-style-type: none"> <li>• LTC is a priority area for testing. Doris' goal is to have surveillance testing done in the coming weeks in all LTC homes.</li> <li>• Question re: staff who become symptomatic during a shift- can they get tested at the LTC home as there are already test kits and staff available to perform it? Answer: variability from the group- some LTC homes are performing these tests for staff (followed by sending them home to self-isolation until test results are received), other LTC homes are not allowing this (rather sending them to closest testing center).</li> <li>• Great variability in the time it takes for test results to become available for review (24hrs to one week). Many NPs are receiving test results after the Lead of Infection Control has reviewed them.</li> <li>• Public health is responsible for providing testing kits/ supplies to local LTC homes.</li> <li>• Question re: suctioning a palliative patient who is positive for COVID. Answer: deep suctioning is typically avoided in the palliative patient, especially during COVID due to risk of aerosolization. Best practice is to use medications like glycopyrrolate to minimize secretions. Jean to share a resource regarding this.</li> </ul>
Physically Distancing Residents	<ul style="list-style-type: none"> <li>• Question re: strategies for physical distancing residents during meal times. Answer/ suggestions: -Have resident's eat in their rooms if they are able to feed themselves. Make sure extra staff is checking on them frequently (i.e. recreational therapy staff, porters, etc.). -Ambulatory residents eat in hallways, and staff utilize extra rooms like the TV room or front room (not typical dining room) to ensure sufficient physical distance between residents, but still able to supervise -Stagger meal times -Those who are in isolation need to eat in their rooms to prevent spread to others* -Infection Prevention Protocol is live which may be of use. It is available on RNAO's website here: <a href="https://myrnao.ca/sites/default/files/attached_files/Considerations%20for%20Isolating%20Residents%20of%20LTC%20Covid%2019%20%28FINAL%29%20April%201%2C%202020.pdf">https://myrnao.ca/sites/default/files/attached_files/Considerations%20for%20Isolating%20Residents%20of%20LTC%20Covid%2019%20%28FINAL%29%20April%201%2C%202020.pdf</a></li> </ul>
Palliative and End of Life Care and Resources	<ul style="list-style-type: none"> <li>• Palliative and End of Life Care Protocol is live, and available on RNAO's website here: <a href="https://myrnao.ca/sites/default/files/attached_files/Planning-for-Palliative-Care-During-the-COVID-19%20Pandemic-April%209%2C%202020.pdf">https://myrnao.ca/sites/default/files/attached_files/Planning-for-Palliative-Care-During-the-COVID-19%20Pandemic-April%209%2C%202020.pdf</a></li> </ul>

Staffing Challenges	<ul style="list-style-type: none"> <li>• ViaNurse through RNAO continues to be available. It houses a list of RNs, NPs and nursing students (for PSW roles) that are ready to be deployed. Do not wait until your LTC home is short-staffed to begin recruiting extra help; please build surge capacity now by emailing <a href="mailto:hmconnell@RNAO.ca">hmconnell@RNAO.ca</a> and <a href="mailto:dlau@RNAO.ca">dlau@RNAO.ca</a> or accessing the following website: <a href="https://rnao.ca/news/information-2019-novel-coronavirus-covid-19#VIANurse">https://rnao.ca/news/information-2019-novel-coronavirus-covid-19#VIANurse</a></li> <li>• Mental Health/Wellbeing resources are live, and available on RNAO's website: <a href="https://myrnao.ca/sites/default/files/attached_files/MH%20and%20Well%20being%20Psychosocial%20supports%20during%20Covid%2019%20-%20April%209.pdf">https://myrnao.ca/sites/default/files/attached_files/MH%20and%20Well%20being%20Psychosocial%20supports%20during%20Covid%2019%20-%20April%209.pdf</a></li> </ul>
Facebook	<ul style="list-style-type: none"> <li>• There are several active Facebook Groups RNAO has set up to facilitate peer support, family support and knowledge exchange. Please see below.</li> <li>1) Family Support- Connecting Families Facebook Group: <a href="https://www.facebook.com/groups/RNAOLTCSupportGroup">https://www.facebook.com/groups/RNAOLTCSupportGroup</a></li> <li>2) Sharing and Tackling Emerging Care Issues Together Facebook Group: <a href="https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOTacklingIssues%2F">https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOTacklingIssues%2F</a></li> <li>3) Peer-to-Peer Support During COVID-19 Facebook Group: <a href="https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOPeertoPeerSupport%2F">https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOPeertoPeerSupport%2F</a></li> </ul>
Future Meetings	<ul style="list-style-type: none"> <li>• Semi-weekly, every Monday and Thursday</li> <li>• 5:30 pm- 6:30 pm</li> <li>• Next meeting: Thursday, April 23 @ 5:30 pm <i>*Please send us your questions in advance to <a href="mailto:kdieleman@rnao.ca">kdieleman@rnao.ca</a> or via the website question boxes.</i></li> </ul>