

Supporting NPs in LTC through COVID-19

Meeting #6- April 16, 2020

Agenda Items	Discussion Points
PPE	<ul style="list-style-type: none"> 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: https://myrnao.ca/sites/default/files/attached_files/PPE%20Leads%20-%20April%205%2C%202020.pdf If you continue to experience issues, please let Doris know: dgrinspun@rnao.ca.
Testing + COVID-19 Outbreaks	<ul style="list-style-type: none"> Infection Prevention Protocol is live, and available on RNAO's website here: https://myrnao.ca/sites/default/files/attached_files/Considerations%20for%20Isolating%20Residents%20of%20LTC%20Covid%2019%20%28FINAL%29%20April%201%2C%202020.pdf Wendy's LTC facility to sending frequent updates to resident's family members re: what is happening in the home (i.e. number of infections, staffing levels, etc.) and this has hugely reduced the amount of concerned phone calls/ inquiries the home is receiving. Many NPs thought this was an excellent idea to keep families informed (the communication is being sent via an email distribution list, not individually to each family). It is important to note that 25-30% of COVID tests are false-negatives. Suggestions are to re-test if you are worried the resident has been exposed or is unwell with the relevant signs and symptoms. Ensure the swab is inserted to the correct depth in the nasal passage to obtain an adequate sample for testing. Some NPs reported they were not able to access COVID-19 test results from health units. Please ensure you are using your billing code as a NP. Also remember NPs can contact the MOH themselves to order their own requisitions- Beth to share the link for this.
Palliative and End of Life Care and Resources	<ul style="list-style-type: none"> Palliative and End of Life Care Protocol is live, and available on RNAO's website here: https://myrnao.ca/sites/default/files/attached_files/Planning-for-Palliative-Care-During-the-COVID-19%20Pandemic-April%209%2C%202020.pdf COVID-19 trajectory to be expected, as shared by a few NPs in the group: typically residents are not overly symptomatic at first; the first indicator of infection is a fever. By days 5-8, the illness is at its peak. The biggest concern for geriatric residents is the infection decreases their ability to maintain hydration and adequate nutrition (decreased appetite and drive to drink are a huge concern).
Staffing Challenges	<ul style="list-style-type: none"> 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 hmconnell@RNAO.ca and dlau@RNAO.ca or accessing the following website: https://rnao.ca/news/information-2019-novel-coronavirus-covid-19#VIANurse Mental Health/Wellbeing resources are live, and available on RNAO's website: https://myrnao.ca/sites/default/files/attached_files/MH%20and%20Well%20being%20Psychosocial%20supports%20during%20Covid%2019%20-%20April%209.pdf

Facebook	<ul style="list-style-type: none"> • There are several active Facebook Groups RNAO has set up to facilitate peer support, family support and knowledge exchange. Please see below. 1) Family Support- Connecting Families Facebook Group: https://www.facebook.com/groups/RNAOLTCSupportGroup 2) Sharing and Tackling Emerging Care Issues Together Facebook Group: https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOTacklingIssues%2F 3) Peer-to-Peer Support During COVID-19 Facebook Group: https://www.facebook.com/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2FRNAOPeertoPeerSupport%2F
Other	<ul style="list-style-type: none"> • Jean and RNAO staff worked together on a poster that will be useful to post in your LTC home for staff to refer to re: COVID-19 signs and symptoms. It can be accessed here: https://myrnao.ca/sites/default/files/attached_files/Possible%20COVID-19%20Symptoms%20to%20report%20-%20POSTER%20-%20April%2014%202020.pdf • 12 new directives were recently released for LTC homes. All can be accessed on this website.
Future Meetings	<ul style="list-style-type: none"> • Semi-weekly, every Monday and Thursday • 5:30 pm- 6:30 pm • Next meeting: Monday, April 20 @ 5:30 pm <i>*Please send us your questions in advance to kdieleman@rnao.ca or via the website question boxes.</i>