



# COVID-19 Impact: All Things Missed

This meeting will be recorded and will be available at [www.fmda.org/journalclub.php](http://www.fmda.org/journalclub.php)



# FMDA Journal Club

August 26, 2020

Elizabeth Galik, PhD, CRNP, FAAN, FAANP – Special Guest

Diane Sanders-Cepeda, DO, CMD – Presenter



Agenda

---

COVID-19 State of the  
State

---

Remembering the Non-  
COVID Patient

---

Open Discussion

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)



Global Cases

23,930,649

Cases by Country/Region/Sovereignty

- 5,779,707 US
- 3,669,995 Brazil
- 3,234,474 India
- 968,297 Russia
- 613,017 South Africa
- 600,438 Peru
- 568,621 Mexico
- 562,113 Colombia
- 412,553 Spain
- 400,985 Chile
- 365,606 Iran
- 359,638 Argentina
- 329,883 United Kingdom

Admin0 Admin1 Admin2

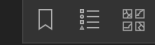
Last Updated at (M/D/YYYY)

8/26/2020, 8:28:08 AM

Cumulative Cases Active Cases Incidence Rate Case-Fatality Ratio Testing Rate Hospitalization Rate

188 countries/regions

Lancet Inf Dis Article: Here. Mobile Version: Here. Data sources: Full list. Downloadable database: GitHub, Feature Layer. Lead by JHU CSSE. Technical Support: Esri Living Atlas team and JHU APL. Financial Support: JHU, NSF, Bloomberg Philanthropies and Stavros Niarchos Foundation. Resource support: Slack, Github and AWS.



Esri, FAO, NOAA

Global Deaths

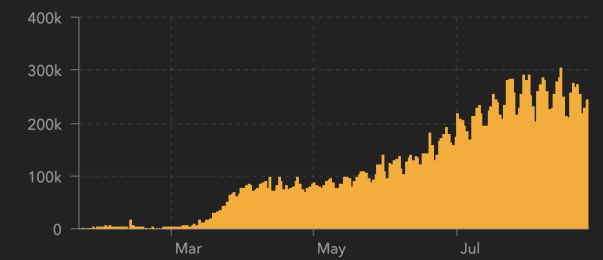
820,246

- 178,535 deaths US
- 116,580 deaths Brazil
- 61,450 deaths Mexico
- 59,449 deaths India
- 41,535 deaths United Kingdom
- 35,445 deaths Italy

US State Level

Deaths, Recovered

- 32,918 deaths, 74,731 recovered New York US
- 15,953 deaths, 33,646 recovered New Jersey US
- 12,417 deaths, recovered California US
- 11,935 deaths, 466,550 recovered Texas US
- 10,580 deaths, recovered Florida US



Daily Cases

COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)



Global Cases

5,780,141

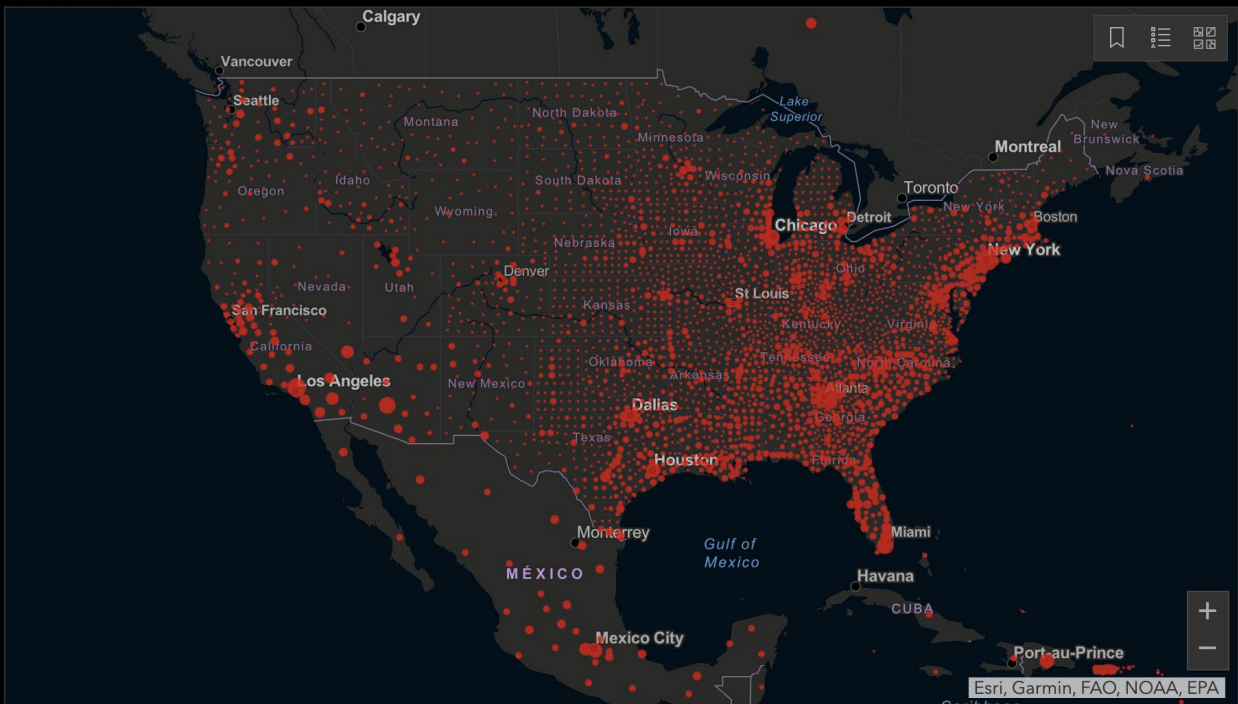
Cases by Country/Region/Sovereignty

5,780,141 US
3,669,995 Brazil
3,234,474 India
968,297 Russia
613,017 South Africa
600,438 Peru
568,621 Mexico
562,113 Colombia
412,553 Spain
400,985 Chile
365,606 Iran
359,638 Argentina
329,883 United Kingdom

Admin0 Admin1 Admin2

Last Updated at (M/D/YYYY)

8/26/2020, 9:28:07 AM



Cumulative Cases Active Cases Incidence Rate Case-Fatality Ratio Testing Rate Hospitalization Rate

188 countries/regions

Lancet Inf Dis Article: Here. Mobile Version: Here. Data sources: Full list. Downloadable database: GitHub, Feature Layer. Lead by JHU CSSE. Technical Support: Esri Living Atlas team and JHU APL. Financial Support: JHU, NSF, Bloomberg Philanthropies and Stavros Niarchos Foundation. Resource support: Slack, Github and AWS.

Global Deaths

178,538

178,538 deaths US

US State Level

Deaths, Recovered

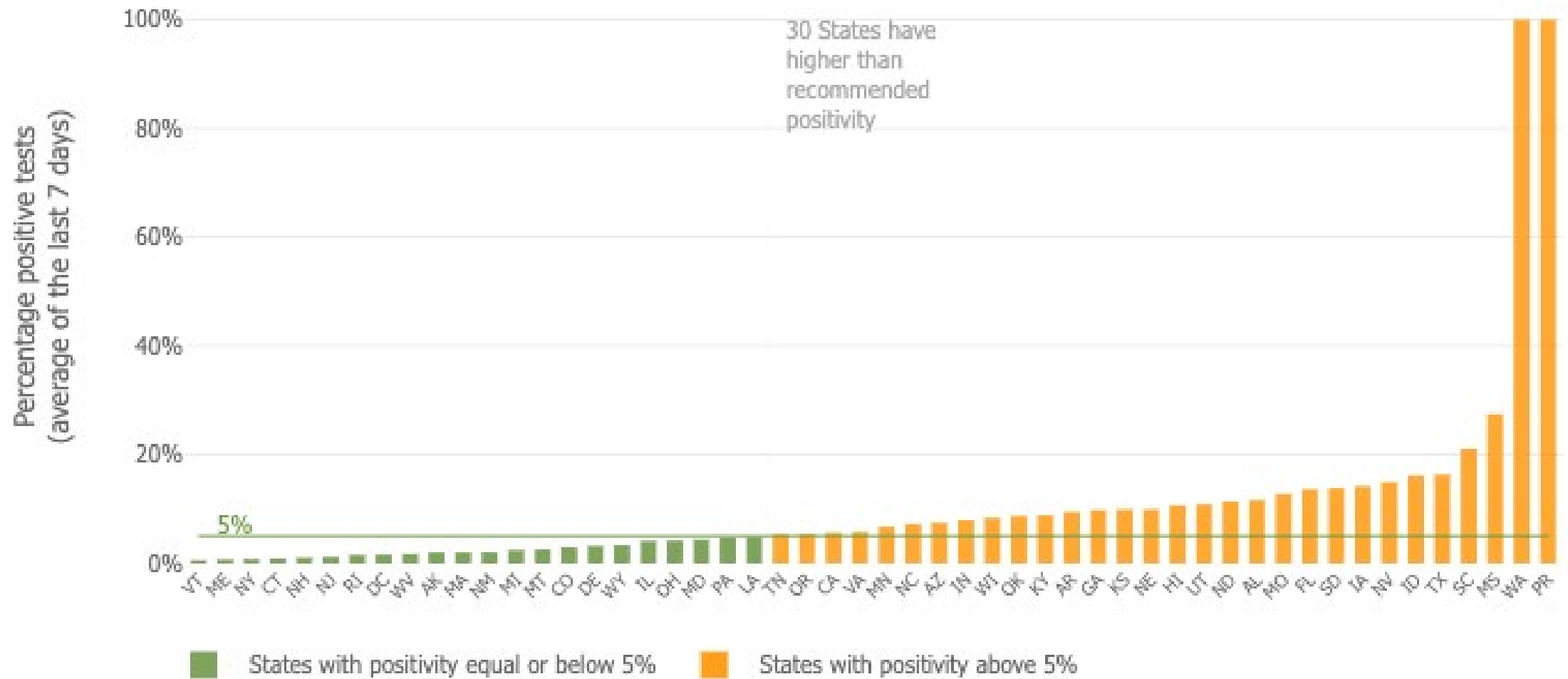
32,918 deaths, 74,731 recovered New York US
15,953 deaths, 33,646 recovered New Jersey US
12,417 deaths, recovered California US
11,937 deaths, 466,550 recovered Texas US
10,580 deaths, recovered Florida US

Global Deaths

US Deaths, Recovered



Daily Cases



# Current Situation in Florida

as of Wed 8/26/2020 10:42:11 AM EST

Positive Residents

582,407

Positive Non-Residents

6,195

Total Cases

588,602

4,605 New Cases in FL Residents

Deaths

10,049

117 New Deaths in FL Residents\*

8 Positive Residents Out of State

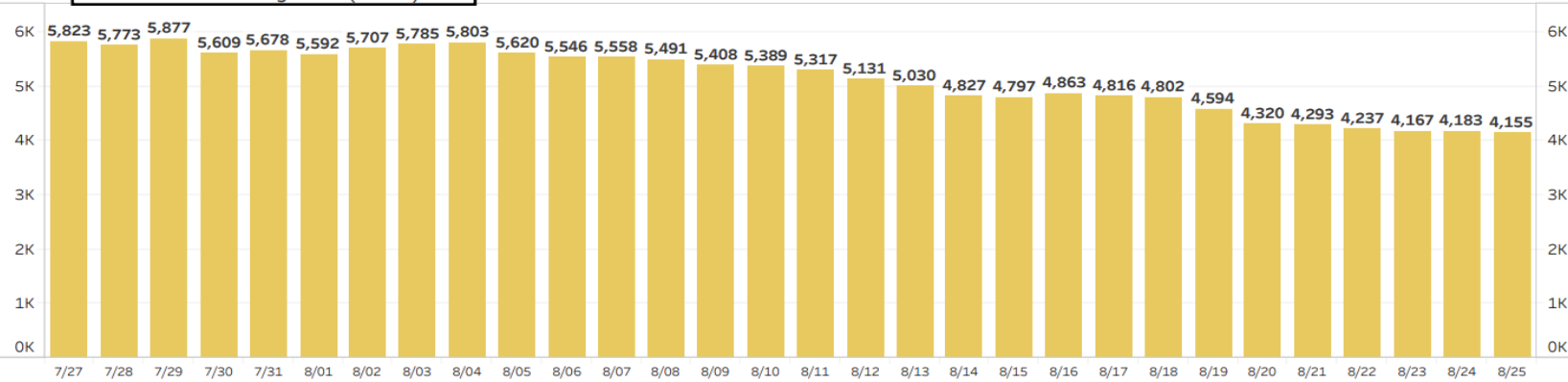
\*Reported since yesterday

# COVID in LTC

Last Updated: 8/24/2020 6:06:12 PM

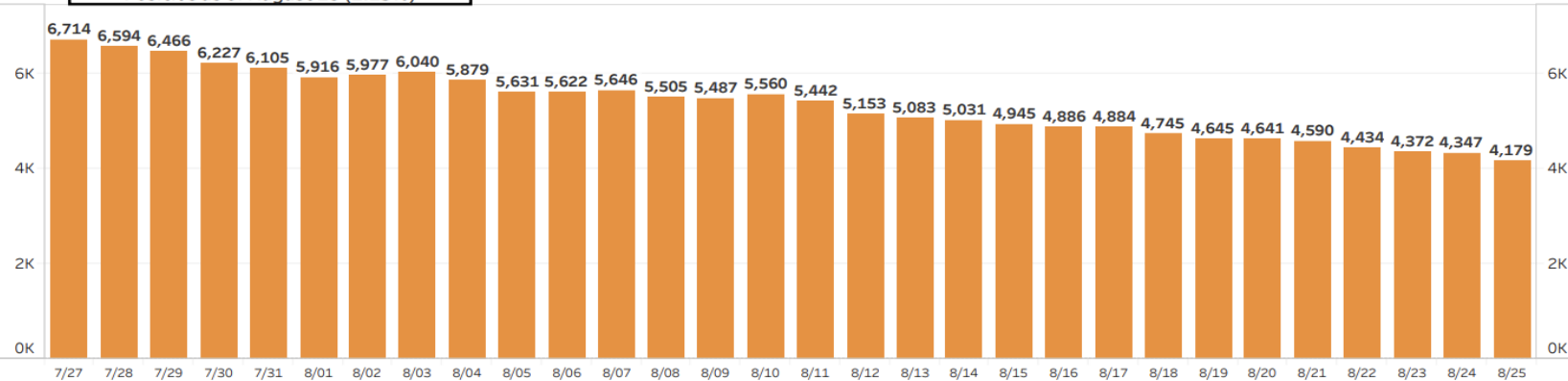
**4,155 of 139,571 Total Residents  
Positive as of August 25 (2.98%)**

## COVID Positive Residents (SNF & ALF)



**4,179 of 195,968 Total Staff  
Positive as of August 25 (2.13%)**

## COVID Positive Staff (SNF & ALF)



Data from AHCA ESS (Emergency Status System)

COVID positive residents and staff in Intermediate Care Facilities are not included in the bar chart totals. The data presented are reported by individual facilities and reporting errors may occur.





# All Things Missed

The NON-COVID Patient Experience



Professor, University of Maryland School of  
Nursing

Elizabeth Galik PhD,  
CRNP, FAAN, FAANP

# Impact of Social Isolation for the Long Term Care Resident without COVID-19

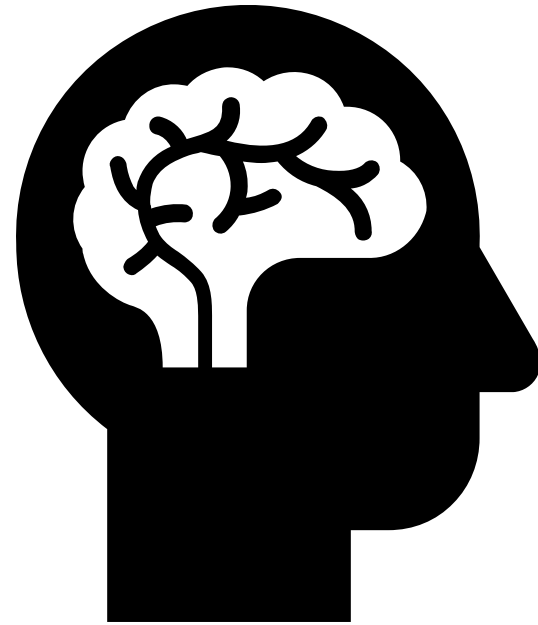
Elizabeth Galik, PhD, CRNP

Professor, University of Maryland School of Nursing

[galik@umaryland.edu](mailto:galik@umaryland.edu)

# Impact of COVID-19 on Residents

- Social Isolation
- Cognitive decline
- Behavioral symptoms of distress
- Lack of physical activity
- Increased functional disability
- Postponed medical care
- Caregiver stress



What type of visit will address the resident's needs and minimize the risk of infection?

Telehealth

Outside/Doorway/Window Visits

Inside with physical distance

Inside with physical contact

# Consider the pros and cons of different visit formats

## **Telehealth**

- Decreases risk of exposure to COVID-19
- Able to include family who may not live with the patient
- Confusing for those with cognitive impairment
- Need a caregiver who has some technological savy or client support
- Often miss exam findings from the waist down

## **Outside Visits**

- Decreases risk of exposure to COVID
- Great for observation: Able to assess mental status, gait, musculoskeletal exam, some aspects of a neuro-exam, skin integrity, edema (caregiver can help)
- Distancing makes communication more challenging
- Not helpful when palpation or auscultation is needed







# Enhancing Communication at a Distance

- History by Phone, Exam by Visit
- Pocket Talkers
- Walkie Talkies





# Common Challenges during COVID 19 for Long Term Care Residents

- Cognitive Decline
- Functional Decline
- Behavioral Symptoms of Distress

# Assessment of Cognitive Decline

- Utilize a standardized instrument to assess cognition
- What are the changes in social/cognitive stimulation?
- Staff observations and family concerns and observations
- Have cognitive changes resulted in new safety risks?
  - Wandering
  - Lack of engagement
  - Nutrition and hydration
  - Fall risk due to deteriorating visual spatial skills

# Managing Cognitive Decline

1

Always assume cognitive decline is subsyndromal delirium until proven otherwise; look at medications as a possible culprit and consider deprescribing (psychotropic medications, narcotics, anticholinergic medications)

2

Match appropriate sensory stimulation activities for the level of cognitive impairment (music, photos, time outside, simple puzzles, tactile activities, etc.)

3

Try to maintain a regular routine



Optimizing Function and  
Physical Activity

---





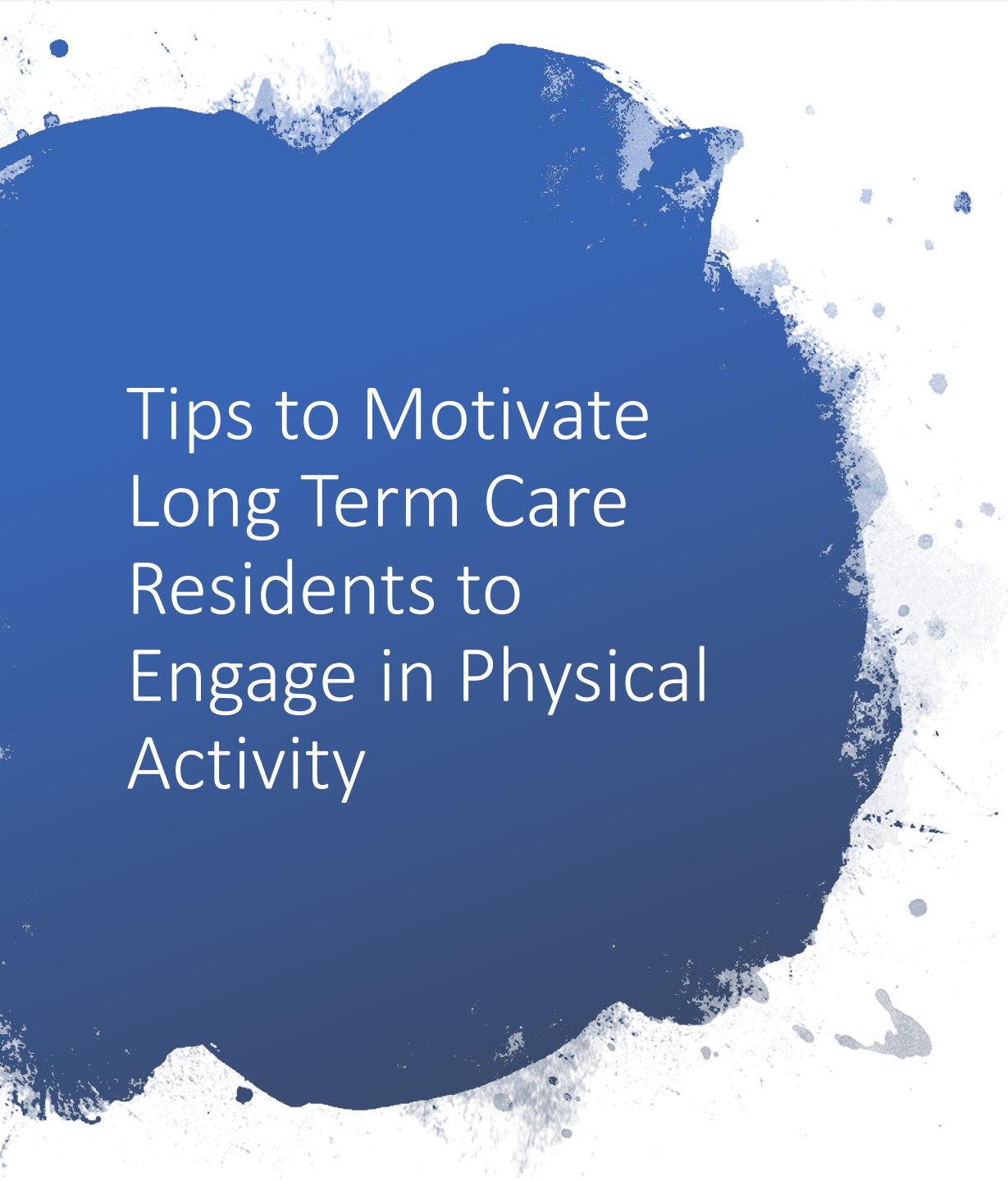


# Sit to Stand Exercises



The Getting-Off-The-Couch contest is the highlight of any birthday celebration.





## Tips to Motivate Long Term Care Residents to Engage in Physical Activity

- Make it Fun
- Familiar
- Role Models
- Incorporate activity into the daily routine
- Use music to motivate
- Manage unpleasant sensations (fear of falls, anxiety, pain)
- Door exercises
- Physically distanced activities
- Outside activities



# Get outside





# Function Focused Care

- Optimizing Function with Physical Activity in Assisted Living Residents -

HOME

VIDEO COACHING

WEEKLY TIDBITS

TOOLS AND MATERIALS

THE EXPERTS

STRATEGY SERIES WEBINARS

## Video Coaching

<https://functionfocusedcare.wordpress.com/video-coaching/>



<https://functionfocusedcare.wordpress.com/video-coaching>

# Assessing and Managing Behavioral Symptoms of Distress in Dementia: DICE Approach

- Describe the behavior
- Investigate the impact of:
  - Level of Cognitive Impairment
  - Environment
  - Caregiver Approach
  - Physical Medical Disorders
  - Psychiatric Symptoms
- Create a plan
- Evaluate effectiveness



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4146407/>

# Tips for Managing Behavioral Symptoms



# Caregiver Resources for Managing Behavioral Symptoms

- UCLA Caregiver Training Videos  
<https://www.uclahealth.org/dementia/caregiver-education-videos>
- Nursing Home Toolkit: Promoting Positive Behavioral Health  
<http://www.nursinghometoolkit.com/>
- Function Focused Care: Check out the last 7 training videos that focus on optimizing function and physical activity while also managing behavioral symptoms <https://functionfocusedcare.wordpress.com/>

A blurred background of a desk with a notebook, pen, and smartphone. The notebook is open, showing a page with a table of numbers. A black pen lies on the notebook. A smartphone is visible on the right side of the desk. The overall scene is dimly lit and out of focus.

# Open Discussion

# Questions & Comments

---

Diane Sanders-Cepeda, DO, CMD  
diane\_sanders-cepeda@uhc.com





THE FLORIDA SOCIETY  
FOR POST-ACUTE AND  
LONG-TERM  
CARE MEDICINE

**400 Executive Center Drive, Suite 208  
West Palm Beach, FL 33401**

**[www.fmda.org](http://www.fmda.org); [www.bestcarepractices.org](http://www.bestcarepractices.org)**



This meeting has been recorded and will be available at [www.fmda.org/journalclub.php](http://www.fmda.org/journalclub.php)