

TOP TIPS FOR COVID RECOVERY IN DEMENTIA

FOR THE INDIVIDUAL

FLUIDS

- Encourage drinks little and often to prevent dehydration and worsening symptoms. Cold drinks like dilute juices may be more effective.

MONITORING

- Monitor saturation levels during acute and post-acute rehab
- People can desaturate very quickly with minimal exertion without obvious symptoms of breathlessness. Breathing exercises may be needed to aid recovery
- Monitor subtle changes in a person and consider what they are trying to express – look for PAIN

ACTIVITY

- Encourage sitting out, mobilising and transferring little and often to prevent deconditioning
- Be aware that people are likely to become fatigued more easily and rest is an important part of recovery; although they may not identify this.

FOR THE TEAM

USE THE MDT

- Draw on the skills from all professionals and team members, including wider networks, to optimise person-centred care
- Seek advice and support from therapists regarding positioning and mobilisation especially when caring for those in isolation

TRUST YOUR “GUT INSTINCT”

- Follow your feeling if something doesn't appear right; especially where you know a patient well.

CONSIDER AND QUESTION “IS THIS POST COVID?”

- Don't be too quick to put changes down to dementia
- **THINK Delirium** http://www.yhscn.nhs.uk/mental-health-clinic/Dementia/WYHHCPICS/WYH_ICSDelirium.php

DISCHARGE PLANNING

When creating care plans, consider that people may need ongoing physical health support.

INVOLVING FAMILY

MAINTAIN CONTACT FROM AN EARLY STAGE

- Support people to telephone or video call family and friends from early on in their admission
- This will become a format which is familiar to both the PLwD and their family, supporting continued communication and reassurance throughout their admission
- Instant access platforms are better so timing can be tailored to the needs of the PLwD
- Enable face to face contact with family when infection risk has passed

PROVIDE REGULAR UPDATES

- When offering updates to family members, be open and honest to try and manage their expectations.

ADVANCE CARE PLANNING

- Check whether an Advance Care Plan is already in place and if so, offer opportunities to review
- If no existing advance care plan, support discussions about future care wishes if the person becomes more unwell - including any end of life wishes
- **ACP Resource pack available here:**
<https://www.wyhppartnership.co.uk/our-priorities/mental-health/mental-health/advance-care-planning>
- **Conversation Starter toolkit here:**
<https://www.wyhppartnership.co.uk/our-priorities/mental-health/mental-health/dementia>

DISCHARGE PLANNING

- Planning should include a systematic approach for identifying those patients likely to require ongoing primary care support due to lingering 'long COVID' illness
- Liaise with primary care and other community support teams as needed
- Prolonged delirium can be an issue post-COVID. **THINK DELIRIUM** resources are available to help raise awareness of symptoms and management of delirium with families and other care staff:
<http://www.yhscn.nhs.uk/media/PDFs/mhdm/Dementia/Bulletin/2020/April%202020/COVID19DELIRIUMv2.pdf>

RESOURCES

NHS Airedale COVID-19 Rehabilitation Guide

A guide created in collaboration by multiple professionals.



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Your COVID Recovery

A website designed to support those recovering from COVID-19; with advice on managing effects and encouraging wellbeing.

<https://www.yourcovidrecovery.nhs.uk/>

After-care needs of inpatients

NHS England guidance and consideration of potential rehabilitation needs.

<https://www.england.nhs.uk/coronavirus/publication/after-care-needs-of-inpatients-recovering-from-covid-19/>

COVID-19 Road to Recovery

Guidance from Chartered Society of Physiotherapy about rebuilding strength and managing breathlessness.

<https://www.csp.org.uk/public-patient/covid-19-road-recovery>

COVID-19 Rehabilitation Pandemic

A paper anticipating the potential needs of specifically older people recovering from COVID-19.

<https://academic.oup.com/ageing/article/49/5/696/5848215>

COVID-19: Supporting your Recovery

An interactive resource including both the physical and mental health factors to be considered in rehabilitation of COVID-19.

<https://covidpatientsupport.lthtr.nhs.uk/#/>

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