

Monday 14th December 2020

Care Home Edition 10

Care@Home newsletter

Supporting people living with frailty and experiencing escalating needs during Covid-19



The Care@Home work stream is leading on the organisation of our COVID-19 response for care homes and the frail elderly at home in Bradford district and Craven.

We are working with key NHS, local authority, VCS and independent sector partners to keep as many people at home as possible and are working directly with care homes to support them in a different way for the next few months.

We are introducing practical pathways for managing people that get sick in care homes, and frail elderly who get sick in their own homes - with covid, or non-covid related illness.

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1. What is the role of the Super Rota? Information for Care Homes

The Super Rota (SR) is a team of GPs who work alongside the Digital Care Hub (DCH) to support people living in Care Homes (CHs) across Bradford district and Craven.

If a Care Home has a COVID outbreak it can create lots of issues for staff and residents. The SR GPs are here to offer help and support to CH staff and residents at this challenging time.

Please find attached all the information and update about the Super Rota and the support it offers to Care Homes.

(See pdf Item 1: Information for Care Homes regarding the Super Rota)

2. Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) information for nursing/residential care home staff

ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) is a process that creates personalised recommendations for a person's immediate clinical care in a future emergency in which they cannot make or express choice. It provides a summary plan with recommendations to help health and care professionals to make immediate decisions about that person's care and treatment.

You may find the following short resources useful to share with staff:

1) 2 minute video <https://www.youtube.com/watch?v=wWkyao8tWRQ>

2) 2 page summary for developed for the Care Home setting

<https://www.resus.org.uk/sites/default/files/2020-06/ReSPECT%20information%20for%20nursingresidential%20care%20home%20staff.pdf>

It is very important that all of your residents who develop COVID-19 are involved in having ReSPECT conversations with their GP so we all know what their wishes are if they become very unwell. Families and care home staff should also be involved if the person does not have capacity or they wish you to be involved.

Please contact the GP as soon as you are aware of the new infection if a ReSPECT form is not in place.

3.Immedicare Lead Pharmacist support sessions for BDC care homes, every Tuesday 2-3pm starting 22nd December 2020

Immedicare are starting a new support service for care homes in BDC from **Tuesday 22nd December**. Our Lead Pharmacist, Liz Butterfield FRPharmS, will be hosting drop-in sessions and all are welcome to join in. There will be a brief presentation on a topical subject, starting on 22nd December with latest information on Covid-19 vaccine, and then time for questions about anything you like related to medicines.

Suggestions for future Tuesday sessions have been - refreshers on medication, pain management, dehydration and medicines, polypharmacy. Please share your comments and requests with Liz at lizbutterfield1@nhs.net .

To join these sessions just dial into the Immedicare Training Room on your laptop for a 2pm start.

4.Restore2 mini training packs for care homes and home support

Please see attached restore2 mini training packs for care homes. The training packs consist of training presentation slides, an associated workbook, a link within the workbook to a filmed presentation and the restore2 mini tool.

- Module 1 - Restore2 mini and using softer signs to recognise deterioration
- Module 2 - Measuring vital signs
- Module 3 - Keeping residents safe through good communication & teamwork

(See WinZIP Items: Restore2 mini modules 1, 2 and 3)

Home Support - Please see attached Restore 2 mini training pack for home support services. The training pack consists of training presentation slides, an associated workbook and a link within the workbook to a filmed presentation.

(See WinZIP Item Restore2 home care training pack)

5.A National Covid-19 Resilience Programme

The Centre for Ageing Better and The Physiological Society have published a new report that identifies the important role of anticipatory care approaches for identifying patients at risk of deconditioning as a result of COVID lockdowns, shielding and social distancing more generally.

The report highlights the need to build older adults' resilience to catching COVID, surviving it, and recovering from it, in particular the need to reinforce messages about staying physically active.

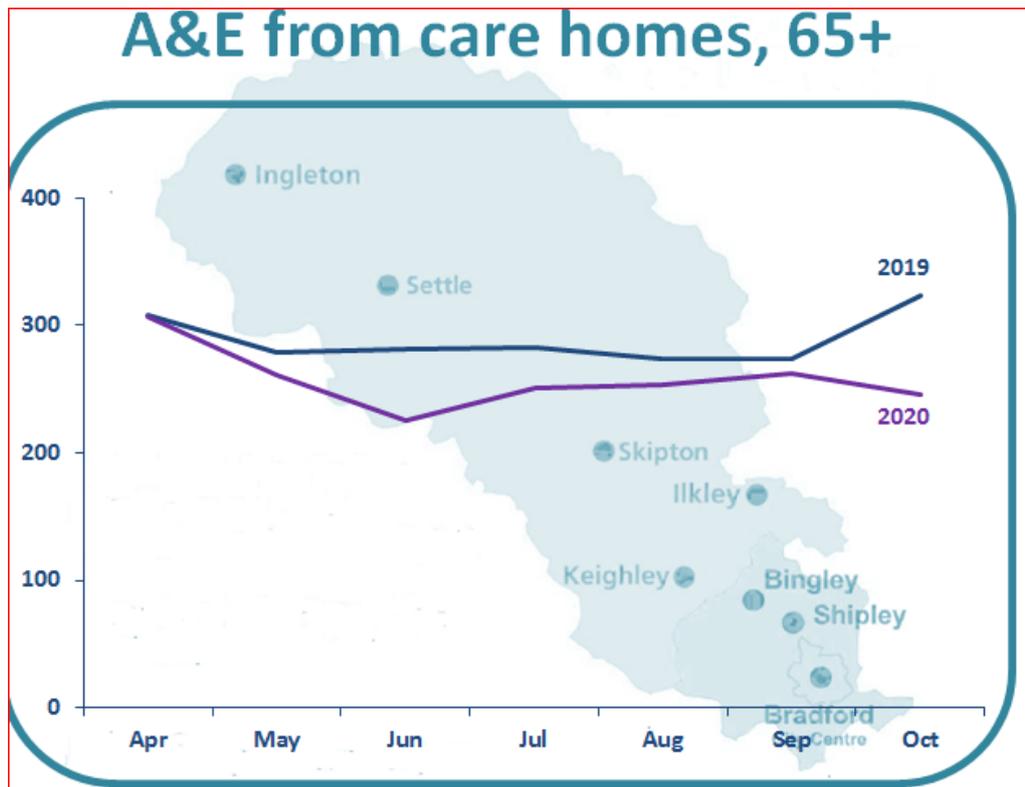
Hope it's of interest. [Link to report](#)

6. Telemedicine or A&E?

Some residents will always need A&E but telemedicine can often provide better care.

Telemedicine provides immediate, expert care for frail residents with escalating needs. People can remain in their familiar environment with staff who know them. Care needs including pain management can be identified and met.

A&E attendance is often unnecessary and may result in missed meals or medication, increase in distress and increased risk of hospital-acquired infections including COVID-19. We are grateful to care home staff who have used telemedicine to avoid unnecessary hospital visits.



7. Help Us Help You and IAPT for Older People

Mental Health, Learning Disability and Autism Bulletin

Last month we launched two campaigns, Help Us Help You and IAPT for Older People. Both campaigns are aimed at promoting our NHS talking therapies through either being referred by your GP or [self-referral online](#).

We know how much the pandemic can impact people's mental health and we want the public to know that the NHS is here to help. As part of the wider series of Help Us Help You, [this mental health focus](#) is aimed at increasing awareness for adults aged 30-50, including those in our BAME communities.

The [IAPT for Older People campaign](#), run by Age UK, is specifically targeted to our older people. Winter can already be a lonely time for our elderly population and we want them to also know the NHS can help.

We continue to rely on your support to promote these campaigns as much as possible this winter. For Help Us Help You, the campaign resources can be accessed and downloaded for free [here](#).

The campaign webpage is: [NHS.UK/Talk](#). On social media we are using #HelpUsHelpYou. For the Age UK campaign, please visit their website to read more about the [joint campaign](#).

If you have any questions about our campaigns, please contact england.mhcomms@nhs.net



8. Tackling the impact of Covid 19 through meeting the needs of older people - A family guide to the festivities

Please find attached a guide which has been developed to meet the needs of older people over the Christmas period, particularly for those difficult times both before and after the short time-window in which government rules are permitting greater social contact.

(See pdf Item 8: Tackling the Impact of Covid-19 – Older People)

9. Music for Dementia resources

Embedding music into personalised care plans

Music for Dementia, in partnership with the Department of Health and Social care (DHSC) has published two guides (aimed at social workers) on how to embed music into personalised care plans for people living with dementia.

The Music for Dementia website is new so if you have any feedback while you're on their website, you can get in touch with sarah@musicfordementia.org.uk

<https://musicfordementia.org.uk/>

<https://musicfordementia.org.uk/advice-resources/toolkits-resources/toolkits-resources-for-social-workers-and-link-workers/>

10. Mouth care guidance

(See pdf Item 10: Mouth Care guide for care homes)

Mouth care is vital to prevent or reduce soreness. Good mouth care is thought to reduce the inflammation associated with COVID infection.

Wear PPE when delivering mouth care

If the person is conscious

Person sits upright with good head support, or lies on one side with head supported by pillows.

Frequent sips of cold water (every 30 minutes is ideal), unless unable to swallow or sit upright.

Use person's usual small, soft toothbrush (manual, not electric) with a smear of usual toothpaste or just water.

Toothpaste should be non-foaming and should not contain Sodium Lauryl Sulphate (SLS).

If the person becomes distressed

Encourage them to hold and feel the toothbrush, perhaps brushing their hand with it, to reassure that it won't hurt.

A wipe of toothpaste over lips can be a reminder / prompt of what is being suggested.

Try putting your hand over the person's hand and gently guiding the toothbrush together (hand over hand technique).

Distraction may help.

Try to involve someone the person knows and trusts.

Medications

Seek clinical advice on suitable types of gel or mouthwash.

Mouth moisturising gels should be slowly massaged in to avoid leaving a sticky layer.

Mouth ulcers

Medications may be prescribed.

Ensure dentures are regularly cleaned (see below) and toothbrush is changed.

Dentures

Clean dentures twice daily with a toothbrush and water.

Remove dentures at night and soak in a cleansing solution for 20 minutes. Recommended soaking solutions are:

- dilute sodium hypochlorite solution for plastic dentures
- chlorhexidine solution for dentures with metal parts.

11. Bank Holiday Pharmacy Opening times

Christmas 2020 and New Year 2021

Bank holiday pharmacy opening times for the upcoming bank holidays are now available. You can find a user-friendly list of local pharmacy opening times for the bank holidays on the CCG website. You may wish to link to this from your own GP practice websites. The CCG will be publishing a media release for the public about this in the coming week.

<https://www.bradfordcravenccg.nhs.uk/patients/your-health/bank-holiday-pharmacy-opening-times/>

(See pdf [Item 11: West Yorkshire Pharmacy Opening Hours 2020/21](#))

Palliative Care Service – See attached Palliative Care Community Pharmacy Drugs opening times and the stock list of palliative care drugs

(See pdf [Item 12a and 12b: Community Pharmacy Opening Times Palliative Care Drugs and Palliative Care Drugs List November 2020](#))