

COVID-19 Phasing Best Practices

Hosted by Chay Indra and Kelly Darling
NNFA/NALA Quality and Regulatory Committee Chairs

July 2, 2020

<https://www.nehca.org/covid-19/updates/>



Visitation Ideas



NEW! June 24 CMS Guidance on Visitation

<https://www.cms.gov/files/document/covid-visitation-nursing-home-residents.pdf>



Do compassionate care situations only refer to end-of-life situations?

- “Compassionate care situations” does not exclusively refer to end-of-life situations
- For a resident who was living with family, being admitted to a nursing home can be a traumatic experience. Allowing a visit from a family member would be consistent with the intent of the term “compassionate care situations”
- Similarly, allowing someone to visit a resident whose friend or family member recently passed away would also be consistent



Do compassionate care situations only refer to end-of-life situations?

- Nursing homes may decide to create safe spaces within the facility, such as see-through separation walls or other such areas so that residents may physically see their family members
- Nursing homes may also consider setting up appointment times to ensure control of the number of visitors at any given time
- Additionally, when facilitating visits, facilities should continue to limit the number of visitors allowed in the building at the same time and limit the number of individuals visiting with any one resident



Can facilities use creative means to begin to allow for visitation even before reaching Phase 3?

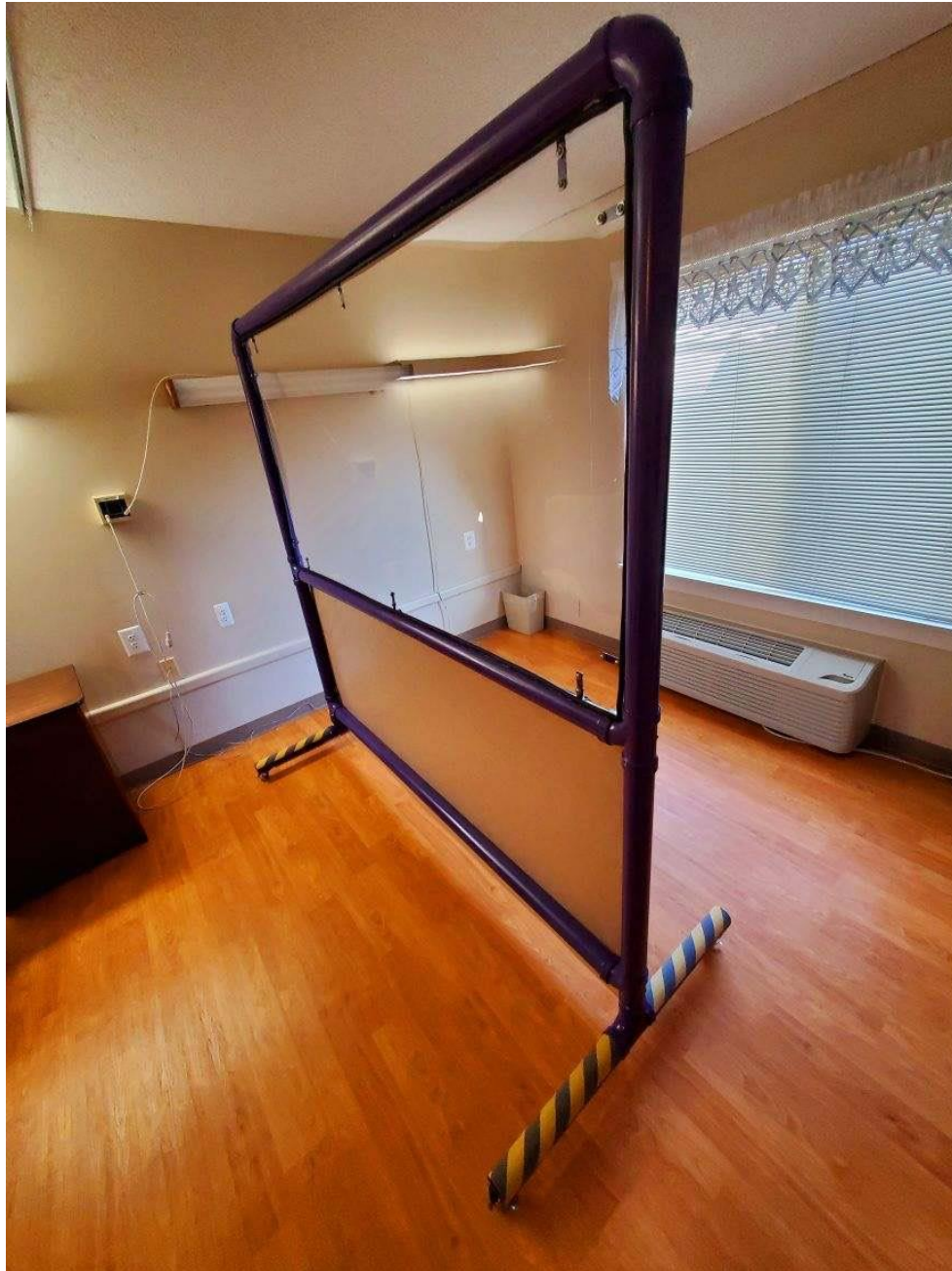
- Yes, the reopening guidance does allow for some flexibility for controlled visitation prior to Phase 3
- Facilities can create spaces for residents without COVID-19 to participate in outdoor visitation sessions with their loved ones, such as in courtyards, on patios, or even in parking lots
- If outdoor visitation is conducted, facilities should have a process to limit the number and size of visits occurring simultaneously



Can nursing home residents participate in communal activities before reaching Phase 3?

- CMS guidance is not intended to completely restrict communal activities
- Residents may eat in the same room with social distancing (limited number of people at tables and spaced by at least 6 feet)
- Group activities may also be facilitated with social distancing among residents, appropriate hand hygiene, and use of a cloth face covering or facemask
- Book clubs, crafts, movies, and bingo are all activities that can be facilitated with alterations to adhere to the guidelines for preventing transmission





ROOM DIVIDER

Submitted by Shalynne Hohnholt,
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Dining Ideas





DINING ROOM DIVIDER

Submitted by Deb Sutton,
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USING SCHOOL DESKS FOR DINING WITH SOCIAL DISTANCING

Insert photo

Submitted by Kathy Young,
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Activity/Engagement Ideas



Oakland Heights in Oakland, Nebraska

- Amie Claussen, Administrator: oakhgts@abbnebraska.gov
- Kelly Johnson, Activity Director: oakhgts@abbnebraska.gov



Bear Hunt Activity

- Photocopy one bear, several times, different sizes
- Hide them in the residents' hallways
- We play warmer – colder
- They follow the direction until they find the bear
- Assist those with dementia by saying "what's that?"
- Then, congratulate them that they found a bear!



Scavenger Hunt

- Find something in the facility that residents are familiar with
- Take a photo and include a portion of the item on a worksheet
- The objective is for the resident to find the item and its location
- If correct, he/she receives one check mark
- The hunt lasts five days
- If residents need help, show a photo of the entire item
- After each day, the entire image is posted for all to see



Disposable Challenge Packets

Make six to eight packets every week

Each packet has 20 to 25 different pages of:

- crossword puzzles
- word games
- coloring pages
- riddles
- trivia
- articles

If more help is needed, the activities staff offer one to one



Bingo Lovers

Use web sites, apps and Facebook activity groups that provide free bingo activities Make copies

- Baking items
- Words
- Dog bingo

Use a bingo card app, like a phone app that calls out the numbers

- This allows staff time to help residents cover the bingo spots



Family Connections via Social Media

Use:

- ZOOM
- FaceTime
- Skype
- Hangout

When a resident is feeling down, set up FaceTime with their family

- Explain how they are missing the communication



Online Promotion

With permission, publicize photos on facility's Facebook page or in local newspaper

- Highlight facility events of the previous week
- Highlight resident's birthdays



Other Activities

- Happy Hour Cart - alcohol and non-alcohol drinks and snacks
- General Store
- Red Hatters
- Resident Council
- All became hallway activities with COVID



Becky Bruns, Life Enrichment Coordinator

The Heritage at College View

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In Room Daily Bingo

- Print bingo card packets every other week
- Daily bingo numbers on the top of the daily activity schedule
- Packets also include word search puzzles



Phone a Friend

- Every Monday a list is given to residents with three questions
- All residents' phone numbers are included – with permission
- Resident calls three other residents and puts answers on sheet
- Residents who turn in sheets are entered in a weekly drawing
- Prize is a \$5 Walmart gift card



Phone a Friend

Phone A Friend Challenge WEEK 3

Challenge: Throughout the week, call 3 different people and ask them these 3 questions... Turn in your sheet by Friday @ Noon to be entered into a weekly drawing for a \$5 Walmart Gift Card!

Your Name: _____

Friend #1 NAME: _____

#1. Do you like peanut butter? Creamy or Crunchy?

#2. Three words to describe your life?

#3. Longest word you know?

_____.



12 Things You Can Only Find In Nebraska

The Omaha bridge is the longest in the country connecting two states.



Bob Kerrey Pedestrian Bridge, Omaha

This replica of England's Stonehenge is made entirely of cars.



Carhenge, Alliance
Chevyland U.S.A. Auto Museum, Elm Creek

Chevy lovers, start your engines! This museum is the only one dedicated to a single line of vehicles.



Other Ideas



INSERT FACILITY LETTERHEAD

COVID-19 TESTING CONSENT FORM

____ I voluntarily consent and authorize for **INSERT NAME OF FACILITY** on my own behalf or on behalf of the person below for whom I am a legal guardian, to perform a COVID-19 diagnostic test through the collection of an appropriate sample through a nasopharyngeal swab, oral swab, or other recommended collection procedures.

The testing purpose, procedure, possible benefits and risks has been explained to me and I have had an opportunity to ask questions I may have. I authorize my test results to be disclosed to **INSERT NAME OF FACILITY** via email **INSERT FACILITY EMAIL ADDRESS** also to the county, state, or to any other governmental entity as may be required by law in conjunction with **INSERT NAME OF FACILITY** obligations for the reporting of communicable diseases. This report will include your name (or if under 19, your parent's name), address, age, date of birth, race, ethnicity, sex, phone number, marital status, and disease requiring the report.

I further understand that there are risks and benefits associated with undergoing a diagnostic test for COVID-19 and there may be a potential for false positive or false negative test results. If my test result should return positive, I am aware I need to see **INSERT FACILITY CONTACT NAME** for retesting.

____ I do not give permission to be tested. I am aware that I am refusing a condition required for the performance of work at **INSERT NAME OF FACILITY**. As such, I am aware that **INSERT CONSEQUENCE SUCH AS TIME OFF IF SYMPTOMATIC OR WEAR FULL PPE IF NOT SYMPTOMATIC**

(EXAMPLE: I will not be scheduled to work for 14 days following day testing offered and will have to quarantine, possibly longer depending on current

TEST CONSENT FORM

Submitted by April Johnston,
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Template available on NHCA website at: <https://www.nehca.org/covid-19/updates/>



Please send your COVID Best Practices to:
cindyk@nehca.org

One more Best Practice Webinar

- Thursday, July 9 at 9:00am CT
- \$100 Amazon gift card – random drawing from submitted ideas

Join Online: <https://nehca-org.zoom.us/j/98594067204>

- Or call: (312) 626-6799 | Meeting ID: 985 9406 7204





**Thank you
for the care
you give
Nebraskans!**

