

Preparing your LTC home for COVID 19

- Andrea Moser, MD, MSc, CCFP, FCFP(COE), CMD
- Associate Medical Director, Apotex
- CMIO, Baycrest Health Sciences
- Associate Professor, DFCM, U of T



Faculty/Presenter Disclosure

- Faculty: Andrea Moser
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 - none



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None to be disclosed



Mitigating Potential Bias

The information presented in this CME program is based on recent information that is explicitly “evidence-based”.

This CME Program and its material is peer reviewed and all the recommendations involving clinical medicine are based on evidence that is accepted within the profession; and all scientific research referred to, reported, or used in the CME/CPD activity in support or justification of patient care recommendations conforms to the generally accepted standards



Objectives

- Develop approaches to prepare for Covid 19 in your LTC Home
- Identify digital health/telemedicine opportunities to support care during Covid 19
- Review approaches to advance care planning discussions in LTC
- Discuss opportunities to optimize medication management in preparation for Covid 19

COVID 19 in Ontario LTC homes

- COVID19 mortality
 - Increased with age, frailty, comorbidities
 - Est 50% of mortality in Canada in LTC/RH homes
- LTC resident demographics
 - Average age 85 years
 - Extensive assist with Activities of Daily Living
 - Cognitive impairment 90% (dementia 60%)
 - Co-morbidities – cardiorespiratory illness, diabetes, chronic kidney disease, etc...

Crisis Management 4 stages

- Prevention and Mitigation
 - Awareness, assess risks
- Preparedness
 - Planning, organizing, equipping, training
- Response
 - Response to the emergency, flexible
 - Focus on urgent needs
- Recovery
 - Return to normal or new desired state

Crisis/Emergency Management Cycle



Polling question

Where is your facility on this cycle?

- Mitigation – capacity building
- Preparedness – pre-event
- Response – event
- Recovery
- Unsure



Preparedness for COVID19

Outbreak Management

- Identify core outbreak management team
- Review current Personal Protective Equipment (PPE)
- Confirm contact with Public Health, acute care supports
- Refresh staff training and preparedness
 - Donning and Doffing PPE
 - Mock outbreak
- Environmental services

Digital Health as an Enabler

- Electronic Health Records
- Remote Access
 - Attending physicians, attending NPs
 - On call physicians
- Computerized Provider Order Entry (CPOE)
- Connecting Ontario
 - Labs/diagnostics
 - Hospital records – admission, discharge, consult
 - Medication dispensing community pharmacy

Telemedicine – Virtual Care

- Social connectedness/engagement
 - Family visiting – phone/video
 - Recreation
 - Arts and culture
- Virtual Care – video/phone
 - Video visits
 - Need for facilitation of visits at bedside
 - Consents for non OTN platforms

Medical Staff Planning

- Engage with Medical Director
- Engage with medical staff, attending md, attending NPs, consultants
- Review on-call schedule
- Contingency planning
 - Back up medical director
 - Onsite physicians vs virtual visits

Emergency Drug Supply

- Management of intercurrent non-covid illness
 - Infections, CHF, Diabetes, acute stroke, etc...
- Management of residents with COVID19
 - Acetaminophen, salbutamol
 - s/c fluids
- Palliative medications
 - Hydromorphone/morphine
 - Haloperidol/methotrimeprazine
 - Lorazepam/midazolam

Medication Management in Covid19

- Discontinue meds with minimal clinical impact
 - Vitamins A,B,E, CoQ10, herbal remedies, multivits
- Stop meds discordant with goals of care or time to benefit
- Temporarily discontinue
 - Calcium, magnesium, bisphosphonate, vit D
- Reduce medication frequency
- Consolidate administration times
- Reduce frequency of monitoring (glucometer)

Advance Care Planning

- Understanding of illness
- Provide information
- Understand values and goals
- Make a plan
- <https://www.speakupontario.ca/>
 - Guide for LTC residents
 - Residents with mild or severe COVID19 infections

LTC Covid19 Resources

OLTCC (Ontario Long Term Care Clinicians)

<https://www.oltcc.ca/news>

updates with links to documents/resources

AMDA – the Society for Post Acute and LTC

<https://paltc.org/COVID-19>

resources, podcasts

Pallium Canada – palliative care education

<https://www.pallium.ca/>

Thank you!

- Keep physical distance
- Wash hands
- Wear appropriate PPE
- Stay informed
- Take much needed breaks