Open with Care: Supporting meaningful contact in Care Homes - Scotland

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Pandemic Response – Social Care

Lessons from the COVID-19 pandemic series: Health Facilities
Safe Hospital Webinar 3: Long-term care facilities and long-term care services in hospitals during a pandemic

18 March 2021
Guidance:
Open with Care - supporting meaningful contact in care homes: guidance - gov.scot (www.gov.scot)

Family facing guidance:
Coronavirus (COVID-19): Guidance for visiting loved ones in an adult care home | NHS inform

Please tweet!
#OpenWithCare
Background: Scotland and Covid-19

7 day positive rate per 100,000 population

<table>
<thead>
<tr>
<th>Rate</th>
<th>Scotland</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
</tr>
<tr>
<td>1 to 49</td>
<td></td>
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<tr>
<td>50 to 99</td>
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<tr>
<td>100 to 199</td>
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<tr>
<td>200 to 399</td>
<td></td>
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<tr>
<td>400+</td>
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</tbody>
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COVID-19 Daily Dashboard - PHS COVID-19 | Tableau Public
The Balance of Harms

Risk of Covid 19 transmission

- 10 layers of protection
- Evidence Base – Social isolation
- Human Rights – Residents and Relatives
- Guidance – WHO 2021
### Why now?

**Multiple layers of protection**

### Open with care

**Checklist: Conditions for resuming indoor visiting**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>No Outbreak</strong>&lt;br&gt;No active outbreak in the home or outbreak declared over and Health Protection Team sign off</td>
</tr>
</tbody>
</table>
| 2 | **IPC Compliance**<br>• Compliance with Infection Prevention Control measures  
• Physical distancing in place |
| 3 | **PPE**<br>• Adequate supplies of Personal Protective Equipment in place  
• Visitors supervised for donning and doffing |
| 4 | **Visitor Screening**<br>Exclusion of visitors with COVID symptoms |
| 5 | **Visitor Testing**<br>Lateral Flow Device testing of asymptomatic designated visitors |
| 6 | **Staff Testing**<br>Testing of staff as recommended |
| 7 | **Designated Visitors Agreed**<br>• Agreed between care home and resident/proxy  
• Individualised visiting care plan agreed |
| 8 | **Residents' Vaccination**<br>High level coverage and a robust process to ensure continued coverage of staff and residents |
| 9 | **Clinical Oversight Team**<br>No concerns about care home quality assurance indicators |
| 10 | **Directors of Public Health**<br>Local public health oversight and advice on visiting policies |

*Proceed with visiting*
### Increasing frequency and duration of contact

<table>
<thead>
<tr>
<th>Seeing loved ones inside the care home</th>
<th>Designated Visitors at all Levels</th>
<th>Increasing frequency of visits by Designated Visitors</th>
<th>Increasing the number of routine visitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to two designated visitors once weekly</td>
<td>Towards daily visits</td>
<td>Multiple visitors per visit</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seeing loved ones outside the care home</th>
<th>Meeting outdoors e.g. garden visits Walks together or outings using a wheelchair</th>
<th>Overnight stays Progressing to overnight stays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaving the Care Home</td>
<td>Initially trips out with one designated visitor in the car</td>
<td></td>
</tr>
</tbody>
</table>
Simple and easy to follow guidance:
When it is essential that contact takes place

**Essential Visits**

- **Distress**
  - There is clear distress and impairment of well-being (for both resident and/or loved ones) as a result of separation.
  - Where a resident or loved one may be reassured by a visit.

- **Deterioration**
  - Where a resident’s well-being declines in mood, cognition, appetite, or mobility.
  - Where interaction with loved ones might be felt to help.

- **End of Life Care**
  - Where a resident’s condition deteriorates and it is thought that the situation may be irreversible.
  - Agree compassionate, flexible and meaningful time together in the lead up to the resident’s death.

*Not exclusive – may be a combination of some or all of these factors*

**Key Principle: Prevention**

Anticipate when the need for visits becomes essential for resident and family wellbeing.

- **Care Plans**
  - Anticipatory and visiting care plans in place to suit needs of resident and visitor.

- **Documentation**
  - Document any requests, the agreed plan and outcome.
Simplified Personal Protection Equipment (PPE) advice:
Mask and hand hygiene
How will we make sure it happens?

Whole System Approach
Confirmed outbreaks and indoor visiting

Source: Care home safety huddle tool
Meaningful contact
so much more than ‘visiting’
Thanks for listening