

UNMC College of Public Health ECHO

February 10, 2021

**AHRQ ECHO National Nursing
Home COVID-19 Action Network**



Welcome and Announcements

Deborah Levy

**AHRQ ECHO National Nursing
Home COVID-19 Action Network**



Announcements

- Please type your *name, email, and facility name* in the chat box for us and ECHO Institute to capture your attendance
- Please type your questions in the chat box, and they will be addressed during the situation discussion and/or the Q&A
- The materials from the sessions are available for you to download from our website
- The recording of the sessions, which are required by AHRQ and ECHO Institute, are available only for special circumstances and a request must be made to Krista Brown
- Throughout the week, if you have questions, concerns, or issues to raise, please send Krista an email at Krista.Brown@unmc.edu
- Training Centers will receive a no notice audit – staff from the ECHO Institute will join one of our sessions between now and the end of the 16 weeks

CME and CNE Credits

- These sessions have been approved for both Physician and Nursing credits
- 1.5 credits will be awarded per session
- Approval is based on attending the 30 minutes of discussion and Q&A at the end of the formal 60 minutes
- You will be **required to complete 2 evaluations** to receive your continuing education credits
 - After the first 8 weeks
 - At the end of the 16 weeks
- You must type your **name, email, and facility name** in the chat box to be recognized as attending the session
- If you have questions or issues about these credits, please send Barbara Dodge an email at bdodge@unmc.edu

Week 10 Agenda

Time	Subject	Speaker/ Facilitator
1200 - 1205	Welcome and Announcements	Deborah Levy
1205 - 1225	Importance of CNAs	Nancy Meier
1225 -1255	Case Study/Scenario Presentation and Discussion	Public Health Core Team
1255 - 1300	Weekly Poll	Krista Brown
1300 - 1330	Continued Discussion and Q&A	Public Health Core Team

16-Week Curriculum Overview

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16-Week Curriculum Overview

- Preventing and Limiting the Spread of COVID-19 in Nursing Homes ✓
- Guidance and Practical Approaches for Use of Personal Protective Equipment (PPE) during COVID-19 ✓
- Approaches to Cohorting during COVID-19 ✓
- Promoting Solutions for Making the Built Environment Safer during COVID-19 ✓
- Guidance for Cleaning & Disinfecting during COVID-19 ✓
- COVID-19 Testing for Nursing Homes ✓
- COVID-19 Community Transmission and Nursing Home Screening Strategies ✓
- Staff Returning to Work Safely during COVID-19 ✓

Curriculum Continued

- Interprofessional Team Management of Mild Cases of COVID-19 ✓
- Advance Care Planning in the Time of COVID-19 ✓
- Promoting Safe Visitation and Nursing Home Re-opening during COVID-19 ✓
- Promoting Safe Care Transitions during COVID-19: Admissions, Discharges, and Transfers ✓
- **The Role of Certified Nursing Assistants (CNAs) in Managing and Supporting Residents and Families during COVID-19**
- Managing Social Isolation during COVID 19: Perspectives on Staff and Residents
- Supporting the Emotional Well-being of Staff Caring for Residents during COVID-19
- Effective Leadership and Communication during COVID-19

The Role of Certified Nursing Assistants (CNAs) in Managing and Supporting Residents and Families during COVID-19

■ Learning Objectives

- Explore the relationship between CNAs, families, and residents
- Discuss the role of CNAs in limiting spread of COVID

Relationship between CNAs, residents and families

- Remembering

just the other day.

Relationship between CNAs, residents and families

- Resident sees you throughout the day and night
- You are their family and friend in the facility
- Extension of their family in the facility
- Comfort and support to both family and resident
- Physical assistance
- Connection of resident to rest of team

Impact of COVID-19 on mental health

- Impact on residents?
 - Is it post-infection issues or related to isolation?
 - Part of their conditions?
- Impact on staff?
- Impact on families?

Detection of stress in residents-role of CNA

- **Post COVID-19**
 - Change in sleep patterns
 - Wandering and pacing
 - Re-start of behaviors they had before
COVID: agitation, anger, hitting and refusing ADL care
- **Post Quarantine/Isolation**
 - Increase in irritability
 - Anxiety, insecure and expressing frustrations
 - Unable to distract them
 - Hard to hold attention

COVID-related stressors

- In addition to daily stressors:
 - Unknown outcomes
 - Isolation
 - Difficult communication
 - PPE use
 - Sensory changes
 - New environment-out of room
 - Staffing changes

Role of CNAs and Direct Care staff

- Be patient. Give them time to adjust to new environment.
- Reduce environmental stress.
- Allow for lowered stress threshold.
- Slow down, take time to listen and 'read' their behaviors.
- Communication is important. You know the residents. Report and chart.
- Reinforce your concern, support and understanding.

Is stress getting the best of you?

- Warning signs:
 - Reduced attention span and concentration
 - Constant irritability or dulled emotions
 - Physical aches and pains
 - Difficulty sleeping
 - Continuous self-criticism
 - Trouble with relationships

Strategies

- Keep informed and updated
- Go to meetings to stay informed
- Monitor yourself for symptoms of depression or stress disorder: prolonged sadness, difficulty sleeping, intrusive memories, hopelessness
- Talk to a peer, supervisor or seek professional help
- Honor your service

Impact of COVID-19 on mental health

- Impact on residents?
 - Is it post-infection issues or related to isolation?
 - Part of their conditions?
- Impact on staff?
- Impact on families?

Case for discussion:

- Mrs. M., a 105-year-old resident of a nursing home, has recovered from COVID-19 infection last fall. The CNA is stopping in her room to refill her water container. Mrs. M. says she's feeling well today, but asks "I just don't understand why am I still here?"

Case Study/Situation Presentation and Discussion

UNMC Public Health Core Team

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Resource Links

- Video: Session 13 Presentation Importance of CNAs
- <https://www.youtube.com/watch?v=UlicdDu0XpM&feature=youtu.be>
- Additional Information
- Rates of COVID-19 Among Residents and Staff Members in Nursing Homes — United States, May 25–November 22, 2020
- https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7002e2-H.pdf?ACSTrackingID=USCDC_921-DM45967&ACSTrackingLabel=MMWR%20Early%20Release%20-%20Vol.%2070%2C%20January%208%2C%202021&deliveryName=USCDC_921-DM45967
- Care Guidance for Residents & Staff
<https://www.optimistic-care.org/probari/covid-19-resources>
- CDC: Masks Protect You and Me
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks-protect-you-and-me.html>

Resource Links

- **Additional Vaccine-related Information**

- CDC – Emerging SARS CoV-2 Variants
- <https://www.cdc.gov/coronavirus/2019-ncov/more/science-and-research/scientific-brief-emerging-variants.html>
- Genomic epidemiology identifies emergence and rapid transmission of SARS-CoV-2 B.1.1.7 in the United States
- <https://www.medrxiv.org/content/10.1101/2021.02.06.21251159v1>
- CDC: Understanding mRNA Vaccines
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>
- COVID-19 Vaccination Intent, Perceptions, and Reasons for Not Vaccinating Among Groups Prioritized for Early Vaccination — United States, September and December 2020
- https://www.cdc.gov/mmwr/volumes/70/wr/mm7006e3.htm?s_cid=mm7006e3_e&ACSTrackingID=USCDC_921-DM49056&ACSTrackingLabel=MMWR%20Early%20Release%20-%20Vol.%2070%2C%20February%209%2C%202021&deliveryName=USCDC_921-DM49056
- ECHO Global Conversations Webinar: Vaccine Confidence Feb 16
- <https://hsc.unm.edu/echo/institute-programs/covid-19-response/international-covid19/global-conversations/>

Resource Links

- **Additional Vaccine-related Information**
- Johnson & Johnson Announcement
- <https://www.jnj.com/johnson-johnson-announces-single-shot-janssen-covid-19-vaccine-candidate-met-primary-endpoints-in-interim-analysis-of-its-phase-3-ensemble-trial>
- AstraZeneca Announcement
- <https://www.astrazeneca.com/media-centre/press-releases/2021/covid-19-vaccine-astrazeneca-confirms-protection-against-severe-disease-hospitalisation-and-death-in-the-primary-analysis-of-phase-iii-trials.html#!>
- Sanofi to provide support to BioNTech in manufacturing their COVID-19 vaccine
- <https://www.sanofi.com/en/media-room/press-releases/2021/2021-01-27-07-30-00>
- What Does a Multi-Dose Series Mean for the COVID-19 Vaccination Effort?
- <https://www.kff.org/coronavirus-covid-19/issue-brief/what-does-a-multi-dose-series-mean-for-the-covid-19-vaccination-effort/>

Weekly Poll

Krista Brown

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Continued Discussion and Q&A

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