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How to Support Older Adults with Dementia and Responsive Behaviours during a Pandemic

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Faculty/Presenter Disclosure

- **Faculty: Andrea Iaboni**
- **Relationships with commercial interests:**
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Objectives

- To identify responsive behaviours and their causes related to the pandemic
- To develop strategies to address responsive behaviours related to feelings of isolation and agitation due to the COVID-19 pandemic
- To describe care approaches in the community, hospital, and long term care home settings

Outline

1. Infection prevention and control measures
 - Effects on mental health and well-being
2. Ethical framework for clinical decision-making
 - Dementia Isolation Toolkit
 - Principles of person-centred care
3. Examples in community, hospital, and LTC (break-out session)

Infection Prevention and Control in Institutions

PREVENTION

- Visitor restrictions
- Screening staff
- Universal masking
- Hand hygiene
- Screening before admission
- Quarantine after admission
- Physical distancing measures

CONTROL

- Identification of suspect cases
- Tracing of contacts
- Isolation of suspect and confirmed COVID-19 cases

<https://ltccovid.org/wp-content/uploads/2020/03/Summary-of-international-policy-measures-to-limit-impact-of-COVID-19-on-people-who-rely-on-the-Long-Term-Care-sector-30-March-pm.pdf>

Infection Prevention and Control in the Community

PREVENTION

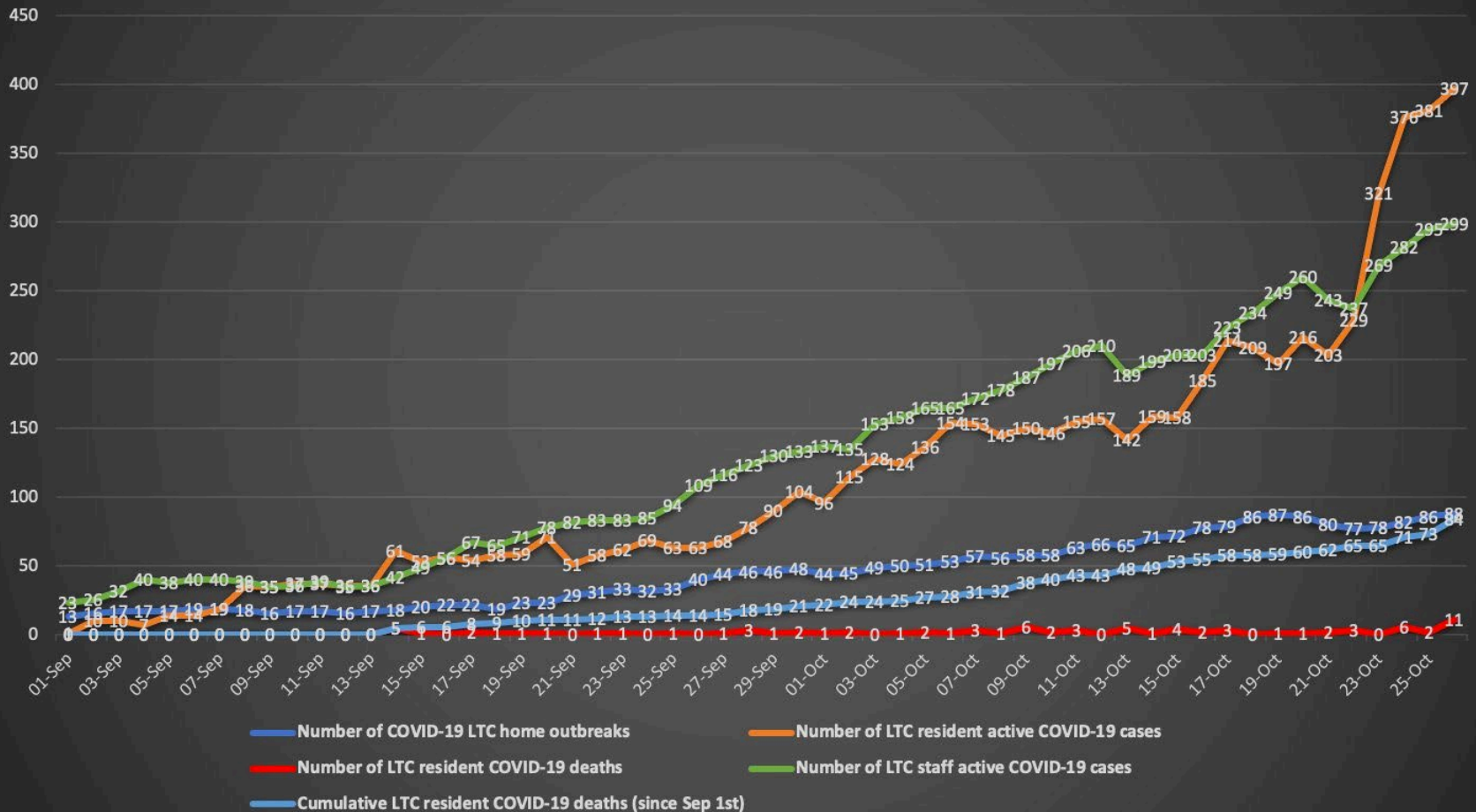
- Masks
- Hand hygiene
- Avoiding touching face
- Physical distancing
- Avoiding high risk situations (3 C's– closed spaces, crowded places and close contact situations)

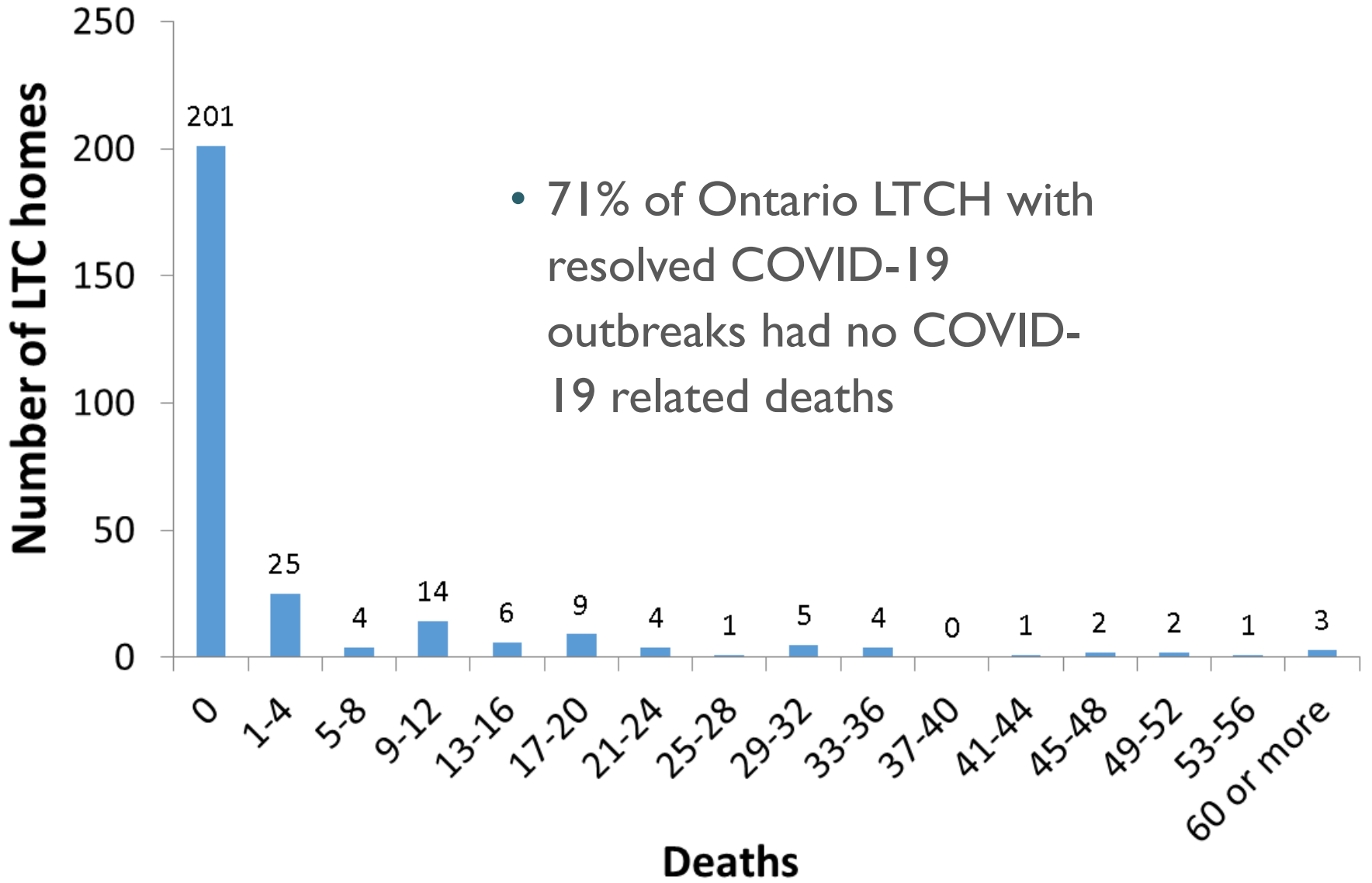
CONTROL

- Identification of suspect cases
- Tracing of contacts
- Isolation of suspect and confirmed COVID-19 cases

COVID-19 in LTC Today

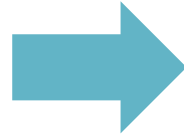
The Second Wave of COVID-19 in Ontario LTC Homes (Sep 1-Oct 26, 2020)





Infection Prevention and Control

- Quarantine
- Physical distancing
- Isolation of suspect and confirmed **COVID-19** cases



How can we achieve these effectively, safely and with compassion?

[https://www.ajgponline.org/article/S1064-7481\(20\)30326-2/abstract](https://www.ajgponline.org/article/S1064-7481(20)30326-2/abstract)



Competing crises: COVID-19 countermeasures and their effects on the well-being of older adults

<https://onlinelibrary.wiley.com/doi/full/10.1111/jan.14467>

Effects of isolation

The brutal blow that pandemic isolation has dealt residents of long-term care residences

Dementia symptoms appear to worsen after pandemic restrictions overwrite support routines, families say

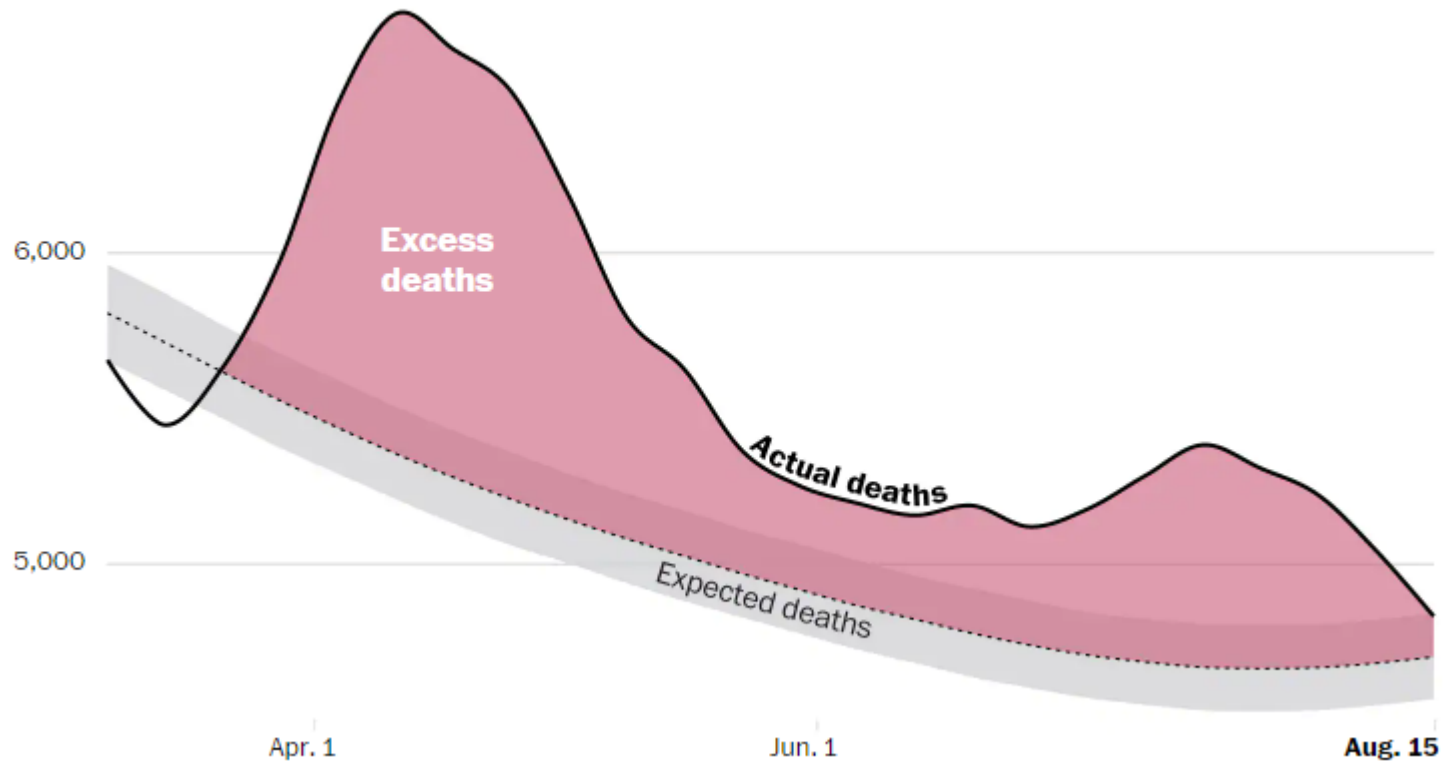
Is Extended Isolation Killing Older Adults in Long-Term Care?

Five months of COVID-19 lockdowns have created a mental health crisis

Effects of isolation?

Excess deaths due to Alzheimer's and dementia

A Washington Post analysis of weekly deaths data from the CDC found about 13,200 excess deaths due to Alzheimer's and dementia since March.



<https://www.washingtonpost.com/health/2020/09/16/coronavirus-dementia-alzheimers-deaths/?arc404=true>

Effects of isolation

CORRESPONDENCE | VOLUME 19, ISSUE 11, P892,
NOVEMBER 01, 2020

Antipsychotic prescribing to people with dementia during COVID-19

Robert Howard  • Alistair Burns • Lon Schneider

Published: November, 2020 •

DOI: [https://doi.org/10.1016/S1474-4422\(20\)30370-7](https://doi.org/10.1016/S1474-4422(20)30370-7)

- 3x more deaths of people with dementia than expected (not all COVID)
- Loss of 3.6% of people in UK with dementia
- 7% increase in prevalence of antipsychotic use in people with dementia

Confinement

- Lack of sensory stimulation
- Lack of social engagement and social cues
- Loss of routine and disruption to circadian rhythm
- Lack of physical activity


Separation

- Disruption of attachment/ social bonds
- Separation anxiety
- Feelings of rejection
- Grief


Social isolation and mental health

Social Relationships are Important for the Mental Health of People Living in Long-Term Care Homes


What do we mean by social relationships?



Social Network
The people we have relationships with, like family, friends and other people in the home.



Social Support
The help we get from people in our social network, including with emotional and physical needs.




Social Engagement
When we take part in activities with others, like having lunch or going for a walk together.


Why are social relationships important for the mental health of people living in long-term care homes?


Social relationships are good for our physical health and quality of life. Not having enough quality or quantity of social relationships have also been linked to:

<u>Depression</u>	Cognitive decline	<u>Loneliness</u>	Boredom
<u>Sadness</u>	Negative mood	<u>Anxiety</u>	<u>Responsive behaviours</u>

Our social networks, the time we spend together and the support we give and get from others, are all important in our lives. Some things that might help build and maintain social relationships for people living in long-term care homes include:









<http://www.encoarteam.com/index.html>

Poll: Which of these symptoms have you observed developing or worsening in people living with dementia during the pandemic?

- Depression
- Anxiety
- Anger
- Aggression
- Paranoia/Delusions
- Withdrawal
- Poor oral intake
- Self-injurious behaviours
- Delirium
- I haven't seen any new or worsening symptoms

Select all that apply

Other causes of responsive behaviours in a pandemic

- Loss of programs/activities/supports
- Inadequate staffing numbers
- Lack of time to address needs
- Lack of time to apply non-pharmacological strategies
- Inexperienced or unfamiliar staff
- Caregiver stress, anxiety, fear
- Staff stress, anxiety, fear

COVID-19 looks different for those living with dementia.

Next time you see...



HEADACHE



COUGHING



MUSCLE/JOINT PAIN



ABDOMINAL PAIN



DIARRHEA



NAUSEA/VOMITING



LOSS OF TASTE/SMELL



SORE THROAT



REFUSAL TO EAT



UNEXPLAINED FALLS



FATIGUE



DELIRIUM

...think about COVID-19.



3 out of 4 people living with dementia and COVID-19 **do NOT** have a fever.

Think about ordering a COVID-19 test if you see any of these symptoms.



**Finding creative
ways to foster a
sense of security**

Security

- Sensory stimulation— music, art, food, aromatherapy, touch
- Reinforce social bonds— families and friends
- Routines and schedules— predictability
- Cues, reminders— repeatedly
- Rewards, positive reinforcement
- Physical activity

- Address caregiver distress



**Finding creative
ways to foster joy**



Michelle Fleming @Michelle_Pamela · Aug 28

Always a pleasure to see #longtermcare residents on duet bikes or the @CycleWithoutAge bikes - enjoying the wind in their hair, exploring the community and breathing in the fresh outdoor air!

Schlegel Villages @SchlegelVillage · Aug 28

The Village of Wentworth Heights in Hamilton has lent a duet bike to Pinehaven Nursing Home in Waterloo to give residents an opportunity to enjoy the summer weather with some outdoor bike rides. #LongTermCare



Schlegel Villages @SchlegelVillage · Oct 20

Do you carve a smiling jack-o-lantern or a spooky one?

Show us your pumpkin carvings 🎃

📷 Fall Activities at The Village at University Gates, Waterloo



Schlegel Villages @SchlegelVillage · Sep 30

Autumn definitely arrived on time for The Village at St. Clair's Fall Fair!

Residents came down in their neighbourhood bubbles to enjoy some music, pie, cider and some time with CJ the pony, and Rupert the rooster.



Schlegel Villages @SchlegelVillage · Sep 11

Thank you, Tabatha & Amy, for the creativity and joy you bring to the Village as you tour Coleman Care Centre with your very own #icecream truck complete with music to deliver sweet treats to all the residents. #Barrie #LongTermCare



BrainXchange Resources

Practical Tips – Therapeutic Engagement & Behavioural Supports

- [13 Engagement Ideas While Practicing Social Distancing](#), Teepa Snow
- [Caregiving Strategies Handbook Providing Care and Support for a Senior Living with Frailty](#), Regional Geriatric Programs of Ontario (RGPO), Senior Friendly Caregiver Education Project
- [Coronavirus \(COVID-19\): Tips for Dementia Caregivers](#), Alzheimer's Association, USA
- [Dementia UK advice for people with dementia and their families, regarding the coronavirus](#), Dementia UK
- [Communication Tip Sheet for Redeployed Staff Working in Long-Term Care with Residents with Cognitive Impairment](#), Regional Geriatric Program of Toronto
- [DementiAbility COVID-19 Resources](#)
- [Engaging Activity Ideas for Dementia During COVID-19](#), DementiAbility and Behavioural Supports Ontario
- [Finding the Right Balance: An Evidence-Informed Guidance Document to Support the Re-Opening of Canadian Long-Term Care Homes to Family Caregivers and Visitors During the COVID-19 Pandemic](#), National Institute of Aging
- [Gentle Persuasive Approaches \(4th ed.\) Module Summary Pages](#), Advanced Gerontological Education
- [Housekeeping Tip Sheet: Caring for Residents with Cognitive Impairment in Long-term Care](#), Regional Geriatric Program of Toronto's PRC Program and Toronto Coordinating Office of Behaviour Supports Ontario
- [Non-Pharmacological Approaches to Support Individuals Living with Dementia Maintain Isolation Precautions](#), Behavioural Supports Ontario
- [Physical Distancing in Long-Term Care Homes: Providing Social Engagement and Inspiring Hope](#), Alzheimer Society of Peel and Mississauga Halton Behaviour Supports Ontario Program
- [Supports for LTC Team Members during COVID-19](#), Ontario Centres for Learning, Research and Innovation in Long-Term Care
- [Supporting Safer Smoking Practices & Smoking Cessation during COVID-19](#), Behavioural Supports Ontario
- [The Person Behind the Mask: Communicating with Clients Living with Dementia While Protecting Ourselves \(French - La Personne Derrière le Masque: Communiquer avec les Clients Atteints d'une Démence, Tout en se Protégeant\)](#), Alzheimer Society of Peel; Mississauga Halton Behavioural Supports Ontario
- [Things to Do during the Pandemic](#), Dementia Advocacy Canada
- [Three About Me](#), Grier Dementia Training

<https://brainxchange.ca/Public/Resource-Centre-Topics-A-to-Z/COVID-19.aspx#4a>

Why do we need an Ethical Framework?



Moral Distress

- When you know the right thing to do for a patient, but for some reason, you are unable to do it.
- **Examples:**
 - When infection control measures come into conflict with what we think is best for an individual
 - Seeing care suffer because of a lack of resources
 - Inadequate support

Dementia Isolation Toolkit

Primary aim:

To support the compassionate, safe, and effective isolation/quarantine of residents of LTC

Secondary aim:

To support moral resilience in LTC staff during the COVID-19 pandemic

1. Ethical guidance tool
2. Person-centred isolation care planning tool
3. Communication tools
4. Ethical decision-making tool

Ethical guidance tool

Ethical guidance for people
who work in long-term care:
**What is the right thing to do
in a pandemic?**

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For more information about this tool or the Dementia
Isolation Toolkit project, email andrea.iaboni@uhn.ca.

Version 1.0 April 23, 2020



kite

RGP



Dementia
Isolation
Toolkit



www.dementiaisolationtoolkit.com

Ethical guidance tool

1. What has this pandemic changed?

- It is important to protect those who are **most at risk** of getting sick or dying.
- We also have a responsibility to make sure that restrictions on individual freedoms do not cause unnecessary harm.

How do these changes affect what we do?

- In the pandemic we have to make **difficult decisions**. These decisions can affect the well-being of some residents.

Ethical Guidance Tool

Principles to consider when making a decision:

- **Proportionality**
- **Minimize Harm**
- **Reciprocity**
- **Fairness**
- **Transparency**

Proportionality

- Restrictions used must be proportionate to the degree of risk of infection spread
- Requires repeated assessment of the risk, based on individual risk factors

Isolation Decision Tool

What is the **danger(s)** you are trying to prevent? How likely is this to occur? If it does occur, what are the possible outcomes?

Minimizing Harms

- We have a responsibility to try and isolate someone who poses an infectious risk to others if they are unable to isolate themselves
 - Many risks associated with restrictive measures
 - Duty to minimize the harms associated with both isolation and measures to maintain isolation
- 1) Use of environmental strategies
 - 2) Use of family/essential caregivers
 - 3) Use of least restrictive measures

Minimally Restrictive Interventions

GPIR1-SYS

Motion Sensor to CordLess Fall Alarm



Reciprocity

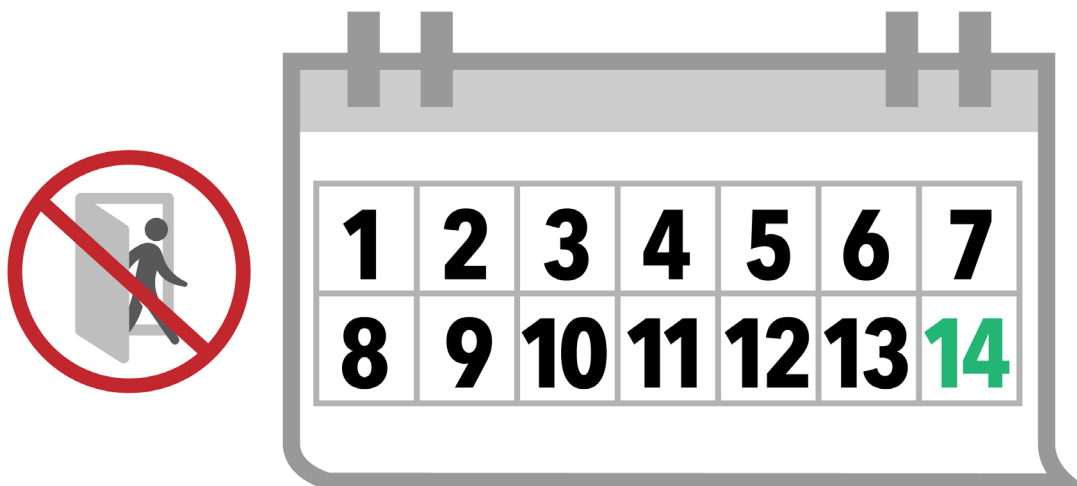
- Duty to mitigate the effects of isolation on the residents and support their needs during isolation
- **Person-centred isolation care planning**
 - Develop an isolation plan to support and care for the resident addressing:
 - **Personhood**
 - **Engagement**
 - **Supporting Needs**
 - **Reminders**

Useful Strategies

- Frequency, not duration of interactions
- Routine/structure/schedules
- Validating approaches before reassuring approaches—“it does suck!”
- Frequent reminders and cues
- Support the caregivers!

Isolation Communication Signs

DAYS REMAINING IN ISOLATION



Isolation Communication Signs



**There is a deadly
virus going around**



**Please stay in your
room to stop this
virus from spreading**

Use of More Restrictive Measures

- Does not replace the use of less restrictive measures
- No “magic pill”
- All restrictive interventions come with potential harm

Use of More Restrictive Measures

- Need to have clear target (ie anxiety) and/or threshold for use around prevention of a clearly identifiable harm
- Harms need to be monitored and mitigated
- Avoid medications that can exacerbate delirium (ie benzodiazepines, anticholinergic medications)
- If restraint is used, ensure staff have training in safety and best practices
- **Discontinue the measure once it is no longer needed**

Least
restrictive
to most
restrictive

Establish what measures are proportionate to
the risk and mechanisms to minimize harm

Orientation, explanation, redirection, distraction

Increased supervision, alarms/reminders, non-
restrictive barriers

Cohorting, environmental strategies, transfer out to
COVID unit

Physical seclusion

Physical restraint

*Pharmacologic
management*



Dementia
Isolation
Toolkit

www.dementiaisolationtoolkit.com

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