**Frontline Best Practice for Supporting Residents in Care Homes with COVID-19**

**Recognition**

**Classical Symptoms in the General Population**
- Fever, cough, loss of taste/smell, but...

**Wider Range of Symptoms in Older Adults**
- Lethargy/fatigue
- Reduced appetite/liquid intake
- Loose stools, nausea, abdominal pain
- Headache, new aches + pains

Change in behaviour is common when unwell, particularly in those living with dementia.

- Signs of delirium
  - Agitated, restless
  - Sleepy, less active
  - Change in levels of confusion

Discuss your concerns with the home’s GP or ANP.

Consider:
- Passing urine normally?
- Eating + drinking normally?
- Communicating as normal?
- Change in bowel habits?
- Changed mobility?

Always consider other medical causes.

**Management**

The most valuable part of COVID care is the person-centred care you specialise in giving.

- Promoting regular oral fluid intake
- Checking temperature
- Controlling fever/shakes/shivers - cool cloths, removing layers, paracetamol

Oxygen may be helpful where levels are low and can be arranged in the home.

- Look for signs of pain and treat, reducing distress
- Check your resident’s care plan and wishes
- Talk to those who are important to the resident
- Recovery from COVID-19 can be unpredictable. Despite your best interventions, some residents will still die.

**Risk Reduction**

- Regular handwashing + use of alcohol gel
- Use of PPE: fluid-resistant mask, apron, gloves + eye protection
- Isolation as soon as symptoms detected
- Regular staff testing and early resident testing to identify outbreak quickly
- Avoid crossover between symptomatic and asymptomatic residents
- Reducing footfall

**Wider Help**

You are not alone facing the challenges of COVID-19.

Help is available 24/7 from your GP practice or NHS 24 via 111. They can give advice or do a video consultation with you and your resident.

In-person assessment can be provided when needed.

Contact your local health protection team if you are concerned a resident may have COVID-19.

Care home guidance is available online from Public Health Scotland and the Scottish Government.

Staff wellbeing support is available at www.promis.scot

**Plain Text Version + Guidance Video:**