Coronavirus in LTC: The Saga continues..
Objectives

• Update on coronavirus

• Our local COVID Situation

• How to keep the streak going
“Building the plane while flying it”
Corona Viruses

• Family of respiratory viruses

• 30% of “colds”

• SARS-CoV-2
SARS-CoV-2 virus

- From a bat host
- First appeared in Wuhan, China late 2019
- Likely arrived the US in January
COVID-19

- Average incubation period 5 days
- Wide variety of symptoms
- Young may have minimal symptoms
- Seniors most affected
- “Immunity” after recovery from illness
Transmission of COVID-19

- Droplet, maybe airborne in some situations
- Person to person – 6 feet or less
- Touching surfaces – viability variable depending on surface
- Mostly inhaled, touching face, eyes possible
COVID-19 Symptoms

- Fever
- Respiratory Symptoms
- GI Symptoms
- “Flu like” symptoms
- Fatigue
- Loss of smell/taste
Multisystem Inflammatory Syndrome in Children (MIS-C)

- Rare complication of COVID in children
- Too much inflammation, after recovery from COVID-19
- Fever, GI symptoms, bloodshot eyes, rash, fatigue
Senior COVID Symptoms

- Seniors likely to have fewer symptoms
- Confusion/weakness may be only symptom
- Fever not always present
- GI Symptoms > Respiratory Symptoms
Asymptomatic Carriage

- 50 to 80% of positives may lack symptoms
- Some may be “presymptomatic”
- Community “Silent Spread”
Testing for SARs- COV-2 virus

- **PCR**
  - nasal swab, detects viral RNA from viral shedding
  - subject to false negatives (30%)
  - present during period of infectivity

- **Antibodies**
  - Detects body’s response to infection
  - Subject to false positives
  - Not yet ready for widespread use
Severity of Disease

- Ranges from asymptomatic to fatal
- Increased with age, male sex, chronic health conditions
Risk Factors for Severe Disease

• Heart Disease
• Diabetes
• Chronic Lung Disease
• Cancer
• Obesity
• Chronic Kidney Disease
• Males>Females
Treatment of COVID-19

- Remdesevir - antiviral, shortens course of disease
- Hydroxychloroquine - no effective, heart side effects, not recommended
- Plasma - Infuse antibodies from those who have recovered
- Other antiviral medicines, antibody treatment, antiinflammatory
COVID 19 Vaccine

- Several being worked on at the same time
- Early promising results
- Not likely before year end
Herd Immunity?
Lancaster COVID-19 Deaths by Age
“Perfect Storm”

- High risk conditions, elderly
- Living in close proximity, may not understand masks /social distancing
- Staff unable to social distance/provide care
- Enters communities through asymptomatic staff
- Under resourced facilities (staffing, supplies)
LTC “Ground Zero” for COVID-19

- More than 40% of COVID deaths in US
- Multiple large COVID outbreaks across the country
- SNFs overwhelmed more than hospitals
COVID-19 in Lancaster County
6/2/20

- Community spread, entered ECFs
- 3131 tested positive
- 297 Deaths
COVID-19 in Lancaster Senior Care Facilities

- 22/30 Skilled Care facilities in Lancaster County
- 14 Personal care Facilities in Lancaster County
- 265/292 COVID Deaths in Lancaster County
- 190+ ECF healthcare workers positive
COVID-19 deaths from Lancaster County nursing homes
Updated Friday, May 15, 2020

Of the 234 deaths, 187 were at the homes (blue) & 47 were after transfer to a hospital (yellow).
New Cases/Day in Lancaster County
COVID-19 in Skilled Care

- Facility wide testing
- Unrecognized asymptomatic residents/staff in “negative” facilities
- More than half asymptomatic/presymptomatic in “positive” facilities
COVID Prevention

• Wear masks
• Hand washing/disinfection
• Social distancing
COVID Prevention

- Geography matters
- Risk to LTC facilities mirrors that of surrounding community
- Outdoors safer than indoors
Masks

- Most effective as a “source control”
- Reduce community spread by “well”/asymptomatic
- Reduce spread in health care situations
WHY YOU SHOULD WEAR FACEMASKS
LET ME TRY AND MAKE THIS SIMPLE FOR YOU...

**THE URINE TEST**

IF WE ALL RUN AROUND NAKED AND SOMEONE PEES ON YOU, YOU GET WET RIGHT AWAY

IF YOU ARE WEARING PANTS, SOME PEE WILL GET THROUGH - BUT NOT AS MUCH, SO YOU ARE BETTER PROTECTED

IF THE GUY WHO PEES ALSO IS WEARING PANTS, THE PEE STAYS WITH HIM AND YOU DO NOT GET WET.
Wearing facemask correctly
Social Distancing?
Keeping SARC Residents Safe

• Reduce people coming in
• Wear masks at all times
• Clean surfaces/hands frequently
• Stay home if sick
• Screen all for symptoms
• Universal testing
Universal Testing

• COVID testing of all staff and residents

• Only way to detect asymptomatic spread and prevent outbreaks

• Expensive, cumbersome but will likely be required
Keeping SARC Staff Safe

- PPE
- Hand washing
- Self Care
Masks: What are the differences?

- N-95
- Surgical masks
- Cloth masks
When to reopen LTC?

• Not likely until community rate is much lower

• Will need frequent testing of staff, visitors

• Reliable, inexpensive, POC testing required

• When a vaccine is available
Expectations for the future

- New cases in community level not decreasing
- Increased political pressure to relax restrictions
- May linger for months, could worsen in fall
- Future will continue to be determined by what we do today
THANK YOU !
Questions?