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England

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Weekly Care Homes Evidence Digest

Prevention and control of COVID-19 in home care/care homes settings
17th December 2020

Summary

This weekly digest contains a selection of evidence published in the last 7 days, in relation to the prevention and control of COVID-19 in home care/care home settings. We search a number of Covid-19 review repositories, an existing PHE Covid-19 evidence digest, Ovid Medline and Embase, Social Care Online, medRxiv (pre-print server) and various websites. We select peer reviewed and non-peer reviewed publications (pre-prints), as well as systematic reviews, guidance and evidence summaries.

The digest is produced by PHE **Knowledge and Library Services** (KLS), in conjunction with a small editorial team.

We do not accept responsibility for the availability, reliability or content of the items included in this resource and do not necessarily endorse the views expressed within them. Our intent is to highlight early emerging research findings as well as research that has been subject to peer review and wider scrutiny.

This week's digest includes: from France, evidence for medical interventions in reducing the mortality from COVID-19 in care homes; from Canada, the value of patient support tools in helping retirement and nursing home residents to decide on location of residence during the COVID-19 pandemic; and a rapid review of the risk factors for outbreaks and mortality from COVID-19 in long-term care facilities and the impact of mitigating strategies; from the USA, the impact of COVID-19 on the delivery of home health and home care services; and the value of tele-health exercise programmes in improving the mobility of older people who have been social distancing during the COVID-19 pandemic. Finally, summaries of recently published reports, guidance and statistics.

Peer-Reviewed Articles

Publication date	Title / URL	Journal / Article type	Digest
07.12.2020	Clinical features and medical care factors associated with mortality in French nursing homes during COVID-19 outbreak	International Journal of Infectious Diseases / Article	<ul style="list-style-type: none"> • During first 3 months of the outbreak in 3 nursing homes, 224/375 (59.7%) residents were classified “COVID-19 cases” and 57/375 (15.2%) died. • Hospital dependent nursing homes had lower COVID-19 case fatality rates in comparison to non-hospital dependent nursing home. • During first 3 weeks of the outbreak, mortality in COVID-19 patients decreased if they had daily clinical examination, 3 vital signs measurements per day and prophylactic anticoagulation. • Increasing human and material resources, encouraging presence of nursing home physicians and establishing connection with general hospitals should be considered to deal with present and future health disasters in nursing homes.
09.12.2020	Challenging behavior of nursing home residents during COVID-19 measures in the Netherlands	Ageing & Mental Health / Article	<ul style="list-style-type: none"> • A mixed methods study with a survey in 323 NH practitioners (psychologists, elderly care physicians, nurse practitioners) in the Netherlands, and in-depth interviews in 16 NH practitioners. • Participants reported changes in challenging behaviour with slightly higher proportions for increased for decreased challenging behaviour. • Half of the participants reported that their workload increased, and work satisfaction worsened during the measures. Different strategies were described to respond to the effects of COVID-19 measures, such as video calls, providing special areas for residents to meet their loved ones, adjusting activities, and reducing the exposure to negative news.
09.12.2020	The Effects of COVID-19 Home Confinement in Dementia Care: Physical and Cognitive Decline, Severe Neuropsychiatric Symptoms and Increased Caregiving Burden	American Journal of Alzheimer's Disease & Other Dementias / Article	<ul style="list-style-type: none"> • This study aims to analyse home confinement impact on individuals with neurocognitive disorders (NCD) through informal caregiver’s perspective and examine how it has affected caregiving burden. • Thirty-six caregivers of individuals with NCD were interviewed over the phone. • Pre and post-confinement comparisons showed that care recipients significantly declined their independence in activities of daily living and increased neuropsychiatric symptoms. As for caregivers, results also showed an increased caregiving burden and a decline in their well-being.

<p>10.12.2020</p>	<p>Feasibility of Rapidly Developing and Widely Disseminating Patient Decision Aids to Respond to Urgent Decisional Needs due to the COVID-19 Pandemic</p>	<p>Medical Decision Making / Article</p>	<ul style="list-style-type: none"> • To meet urgent decisional needs of retirement/nursing home residents and their families, patient decision aids (PtDAs) regarding leaving one's residence were developed and disseminated during the COVID-19 pandemic. • Within 3 weeks of their dissemination the PtDAs were downloaded 10,000 times, and user feedback was positive.
<p>10.12.2020</p>	<p>Influence of prior comorbidities and chronic medications use on the risk of COVID-19 in adults: a population-based cohort study in Tarragona, Spain</p>	<p>BMJ Open / Article</p>	<ul style="list-style-type: none"> • Population-based retrospective cohort study included 79 083 people (77 676 community-dwelling and 1407 nursing-home residents), who were all individuals aged >50 years. • Assessing the total study cohort, only age, nursing-home residence and receiving diuretics appeared independently associated with increased risk. • Age, nursing-home residence and multiple comorbidities appear predisposing for COVID-19.
<p>11.12.2020</p>	<p>Clinical characteristics, frailty and mortality of residents with COVID-19 in nursing homes of a region of Madrid</p>	<p>Journal of the American Medical Directors Association / Article</p>	<ul style="list-style-type: none"> • Describes the clinical characteristics, 30-day mortality and associated factors of 630 patients living in nursing homes (NH) with COVID-19, from 20th March to 1st June 2020. • Mortality of the residents living in NHs with COVID-19 was almost 45%. The altered level of consciousness as an atypical presentation of COVID-19 should be considered in this population. A severe form of the disease, present in more than three-quarters of them, was associated with mortality, apart from the male sex, CFS\geq6, dementia, and dyspnoea, whereas age and care setting were not.
<p>11.12.2020</p>	<p>Impacts of the COVID-19 Pandemic on Home Health and Home Care Agency Managers, Clients, and Aides: A Cross-Sectional Survey, March to June, 2020</p>	<p>Home Health Care Management & Practice / Article</p>	<ul style="list-style-type: none"> • A survey of Massachusetts HH&HC agency managers was conducted June 1 to 30, 2020 to assess the impact of COVID-19 on agencies, clients, and aides early in the pandemic. • Most agencies (98.7%) experienced a decrease in demand for home visits, reflecting clients' concern about infection, family members assuming care duties, and/or aides being unavailable for work. • Specific HH&HC needs for future pandemic planning include complete information on the infection status of clients; ready access to affordable PPE and disinfectants; and guidance, tools, and training tailored for the industry.

<p>14.12.2020</p>	<p>Rapid Transition to Telehealth Group Exercise and Functional Assessments in Response to COVID-19</p>	<p>Gerontology and Geriatric Medicine / Article</p>	<ul style="list-style-type: none"> • The purpose of this paper is to describe rapid transition of the Gerofit facility-based group exercise program to telehealth delivery. • Three hundred and eight of 1149 (27%) Veterans active in the Gerofit facility-based programs made the transition to the telehealth delivered classes. • Detailed protocols for remote physical performance testing and sample exercise routines are described. Translation to remote delivery of exercise programs for older adults could mitigate negative health effects.
<p>15.12.2020</p>	<p>“Why Couldn’t I Go in To See Him?” Bereaved Families’ Perceptions of End-of-Life Communication During COVID-19</p>	<p>Journal of the American Geriatrics Society / Article</p>	<ul style="list-style-type: none"> • Qualitative descriptive study using data from a survey of bereaved family members of 328 Veterans who died in one of 37 VA medical centres’ acute care, intensive care, nursing home, or hospice units. administered from March-June 2020. • Bereaved family members identified contextual factors perceived to impact communication quality including allowing family at the bedside when death is imminent, fears that the patient died alone, and overall perceptions of VA care. • Innovative strategies are needed to ensure that high-quality communication occurs despite pandemic-related visitation restrictions.
<p>15.12.2020</p>	<p>Impact of a Serious Game on the Intention to Change Infection Prevention and Control Practices in Nursing Homes during the COVID-19 Pandemic: Protocol for a Web-Based, Randomized Controlled Trial</p>	<p>JMIR Research Protocols / Article</p>	<ul style="list-style-type: none"> • Article outlines a proposed study protocol to assess the impact of “Escape COVID-19,” a serious game designed to enhance knowledge and application of IPC procedures, on the intention of nursing home employees to change their IPC practices. • This study should determine whether “Escape COVID-19,” modifies the intention to follow IPC guidelines among nursing home employees.

Preprints

Publication date	Title / URL	Journal / Article type	Digest
11.12.2020	Enablers and Barriers to Implement COVID-19 Measures in Long-term Care Facilities: A Mixed Methods Implementation Science Assessment in Chile	Research Square / Article	<ul style="list-style-type: none"> The Chilean government issued a series of guidelines and protocols to prevent and manage COVID-19 outbreaks in these facilities. This study surveyed facilities' managers and interviewed carers, classifying enablers and barriers into four categories: agreement with the intervention's goals, financial resources to implement the measures, technical needs of the intervention, and cultural factors in the facilities. Results highlight the importance of the four aforementioned factors in the implementation of COVID-19 guidelines and protocols
11.12.2020	Risk factors for retirement home COVID-19 outbreaks in Ontario, Canada: A population-level cohort study	MedRxiv / Article	<ul style="list-style-type: none"> A population-based retrospective cohort study of licensed retirement homes in Ontario, Canada, from March 1st - September 24th, 2020. COVID-19 cases were distributed unevenly across retirement homes, with 1,593 (92.2%) resident and staff cases occurring in 77 (10%) of homes. The adjusted hazard of a COVID-19 outbreak in a retirement home was positively associated with homes that had a large resident capacity, homes that were co-located with a long-term care facility, large corporate owned chains, homes that offered many services onsite, increases in regional COVID-19 incidence, and a higher community-level ethnic concentration.
15.12.2020	Epidemiology and Clinical Features of COVID-19 Outbreaks in Aged Care Facilities: A Systematic Review and Meta-Analysis	SSRN / Article	<ul style="list-style-type: none"> Identified 50 studies from 14 countries across four continents reporting data on 214,462 residents in 8,503 care homes with 25,590 confirmed cases of COVID-19. Aged care residents from a distinct vulnerable population with single-facility attack rates of 44% and case fatality rates of 23%. Of the cases, 32% were asymptomatic. The rate of hospitalization among residents was 37%. Data from 22 outbreaks identified a resident as the index case in 54% of outbreaks and a staff member in 46%.

Reports and other publications

Publication date	Title / URL	Author(s)	Digest
10.12.2020	Measures from the Adult Social Care Outcomes Framework, England 2019-20	NHS Digital	<ul style="list-style-type: none"> This report provides the findings from the Adult Social Care Outcomes Framework (ASCOF) in England for 2019-20. The ASCOF measures how well care and support services achieve the outcomes that matter most to people. Appendix B gives a summary of the data quality and also includes a section on the impact of COVID-19 on the 2019-20 data. 49.9 per cent of service users in the North East region report they had as much social contact as they would like, London was the region with the lowest proportion at 42.9 per cent.
10.12.2020	Personal Social Services Adult Social Care Survey, England 2019-20	NHS Digital	<ul style="list-style-type: none"> This report contains findings from the Adult Social Care Survey 2019-20 (ASCS). The national survey takes place every year and is conducted by Councils with Adult Social Services Responsibilities (CASSRs). 64.2 per cent (389,130) of service users were very or extremely satisfied with the care and support they received.
11.12.2020	Challenges for the protection of older persons and their rights during the COVID-19 pandemic	Economic Commission for Latin America and the Caribbean	<ul style="list-style-type: none"> This document offers an analysis of the situation of older persons regarding the possible impacts of COVID-19, taking into consideration factors such as population ageing, health conditions, household arrangements and co-residence, access to basic infrastructure (water and sanitation) and social protection systems. It sets forth some actions countries may take to lessen the impact of the pandemic and makes recommendations for tackling the devastating social and economic impact of COVID-19 on older persons, both during the crisis and in the recovery phase, in order to prevent them from being left behind or excluded, taking the various regional and international agreements as a road map.
15.12.2020	COVID-19 Insight: Issue 6	Care Quality Commission	<ul style="list-style-type: none"> In the latest edition of the COVID-19 Insight report, there is regional data on the designated settings that allow people with a COVID-positive test result to be discharged safely from hospital, and also the latest data on registered care home provision. Also looks at how

			providers have collaborated to provide urgent and emergency care during the pandemic.
15.12.2020	Technical Advisory Group: updated consensus statement on recommended testing criteria for discharge of asymptomatic patients to care homes	Technical Advisory Cell, Welsh Government	<ul style="list-style-type: none"> • This paper examines, in the light of emerging knowledge of infectivity, whether an alternative testing strategy may be more appropriate. • The risk of onward transmission should be assessed in the context of the additional risk of remaining in a 'high risk' setting for acquisition of COVID-19, such as a hospital, and an early discharge to a lower risk setting such as a nursing home.

Guidance

Publication date	Title / URL	Author(s)	Digest
Updated 09.12.2020	Coronavirus (COVID-19) testing service for extra care and supported living settings	Department of Health and Social Care	<ul style="list-style-type: none"> • Guidance on regular retesting for extra care and supported living settings that meet the eligibility criteria.
Updated 09.12.2020	Coronavirus (COVID-19): health and wellbeing of the adult social care workforce	Department of Health and Social Care	<ul style="list-style-type: none"> • Advice for those working in adult social care on managing your mental health and how employers can take care of the wellbeing of their staff during the coronavirus outbreak.
10.12.2020	COVID-19: Insurance, risks and possible liabilities	Care Providers Alliance	<ul style="list-style-type: none"> • Information to assist members in considering the potential risks and liabilities arising from the COVID-19 pandemic (it is not intended to be legal advice).
14.12.2020	Coronavirus (COVID-19): adult care home visitor testing guidance	Scottish Government	<ul style="list-style-type: none"> • Coronavirus (COVID-19) adult care home visitor testing guidance which forms part of the Test and Protect Pathways Programme.
Updated 14.12.2020	COVID-19: management of staff and exposed patients and	Public Health England	<ul style="list-style-type: none"> • This guidance provides advice on the management of staff and patients or residents in health and social care settings according to exposures, symptoms and test results.

	residents in health and social care settings		
15.12.2020	COVID-19 infection prevention and control guidance for family and friends (informal carers) who support people in their own homes	HSE Health Protection Surveillance Centre (Ireland)	<ul style="list-style-type: none"> This guidance has been developed to help carers and people who are cared for on how to protect each other from COVID-19. It is also intended to help healthcare workers who advise people who provide care about how to keep safe from infection.
Updated 15.12.2020	Getting help with daily activities outside your home during coronavirus	Department of Health and Social Care	<ul style="list-style-type: none"> This guidance explains how risk can be minimised for people who require care or assistance, or support to avoid risk of harm when leaving their home.
Updated 16.12.2020	COVID-19 - guidance for stepdown of infection control precautions and discharging COVID-19 patients from hospital to residential settings	Health Protection Scotland	<ul style="list-style-type: none"> This guidance provides advice on appropriate discontinuation of infection prevention and control (IPC) precautions for patients recovering or recovered from COVID-19 and either remaining in hospital, being discharged to their own home or to residential care.
16.12.2020	Designated settings for people discharged to a care home	Department of Health and Social Care	<ul style="list-style-type: none"> Guidance on the designated settings scheme for people discharged from hospital to a care home with a positive coronavirus (COVID-19) test.

Evidence Summaries

Publication Date	Title / URL	Author(s)	Digest
11.12.2020	What risk factors are associated with COVID-19 outbreaks and mortality in long-term care	The National Collaborating Centre for Methods and Tools	<ul style="list-style-type: none"> Older adults have the highest rates of mortality due to the coronavirus disease 2019 (COVID19) and long-term care (LTC) facilities were particularly affected by high rates of infection and mortality in the first wave of the pandemic. To date, strategies used by certain facilities and jurisdictions have shown preliminary evidence of efficacy at reducing risk of infections and outbreaks. Understanding risk factors

	<p>facilities and what strategies mitigate risk?</p>		<p>for infections and outbreaks at the resident, facility and community level will facilitate the development of strategies to help mitigate this risk</p>
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Statistics

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<p>10.12.2020</p>	<p>Adult Social Care Activity and Finance Report, England - 2019-20</p>	<p>NHS Digital</p>	<ul style="list-style-type: none"> Data taken from the Adult Social Care Finance Return (ASC-FR) and Short and Long Term (SALT) collection to provide information regarding adult social care activity and finance on local authorities in England for 2019-20.
<p>10.12.2020</p>	<p>Mid-Year 2020-21 Adult Social Care Activity</p>	<p>NHS Digital</p>	<ul style="list-style-type: none"> This is a one-off Management Information publication including selected statistics from various adult social care publications for the first two quarters of 2020-21. This is to help give an early view of how adult social care has been affected by coronavirus (COVID-19). However, submitting data for this report was not mandatory, so it will not provide a full picture of the situation across all local authorities.
<p>15.12.2020</p>	<p>Number of deaths in care homes notified to the Care Quality Commission, England</p>	<p>Office for National Statistics, Care Quality Commission</p>	<ul style="list-style-type: none"> Provisional counts of deaths in care homes caused by the coronavirus (COVID-19) by local authority.
<p>16.12.2020</p>	<p>Coronavirus (COVID-19): adult care homes - additional data</p>	<p>Scottish Government</p>	<ul style="list-style-type: none"> Weekly data on COVID-19 in adult care homes in Scotland.

Editorials and News

Publication date	Title / URL	Author(s)	Digest
09.12.2020	#MoreThanAVisitor: Families as “Essential” Care Partners During COVID-19	The Gerontologist / Opinion	<ul style="list-style-type: none"> • Author examine the roles family play in residents’ daily lives and care routines and argues that classifying family as “visitors” rather than essential care partners overlooks their critical contributions and stems from taken-for-granted assumption about gender, families, and care work.