

## Care Homes Bulletin for week beginning 22/3/21

### Updates/ messages:

#### Open With care Guidance

The guidance is not prescriptive, in terms of when and how. Care homes are encouraged to use phased approach to this to and are comfortable, ready (risk assessed different scenarios) and in line with other national guidance.

Examples of good practice include: using plastic wipeable chairs for visitors which can be easily cleaned before and after use rather than fabric chairs.

One home had successfully employed a group of "Visitor Volunteers" to assist with LFD tests and logging of same. This has been well received by both staff and other visitors. Another home has recruited Visit Co- ordinators to their staff team.

Relatives filming videos and taking photos to upload onto social media- make a contract with the relatives, stating what is acceptable, i.e. no filming in public places, what they are allowed to do while in the care home.

Visitors should bring minimal belongings into the care home when visiting. Visitors with long sleeves should be asked to roll up their sleeves to carry out hand hygiene. Some Managers have advised visitors no coats/jackets to be taken into the care home.

A new supplement to the guidance was published last week: [Open with Care: Supplementary information 18 March 2021](#)

#### Lateral Flow Testing

Contractors or other essential visitors working in care homes don't need to be tested every day- just on the first day they are there. If they are working there for longer than a few days then twice a week is sufficient.

Written consent for visitors LFD testing is required- just once for the first time and this covers each subsequent test.

Guidance for who should be tested and when can be found here: [Scot Gov Overview of LFD testing](#)

Tests are designed for asymptomatic testing and are not an accurate test for any one with symptoms - DO NOT USE FOR STAFF, RELATIVES OR RESIDENTS WITH SYMPTOMS. If a staff member becomes symptomatic after a negative LFD or has a positive LFD they should isolate and get a PCR test through [covid19.nhsgrampian.org](https://www.covid19.nhsgrampian.org).

**Hairdressers-** If the hairdresser is employed by the home and solely works in that home and NO where else then they can operate with the appropriate PPE as though giving personal care and should have twice weekly LFT testing. If hairdresser comes in and goes to other homes then adhere to guidance - no visiting at the moment- further guidance should be coming out soon.

## **‘Swiss Cheese’ Model of Infection Prevention and Control was discussed-**

This model was described in a recent webinar:

All the measures we take to control the spread of infection - such as PPE wearing, hand washing, environmental cleaning and cohorting have limits when used on their own (holes, like in Swiss cheese). It is only when they are applied together they can close up these holes and prevent infection spreading. This webinar was recorded and will be added to Turas.

### **When to wear Aprons?**

Staff should wear these when providing direct care and within 2 meter distance as per [National Infection Prevention and Control Manual: Scottish COVID-19 Care Home Infection Prevention and Control Addendum](#)

### **Staff LFD and PCR testing- 90 day rule.**

Staff should not participate in weekly asymptomatic testing for 90 days following a detected COVID 19 test result. If the staff member develops new symptoms during this 90 day period they must isolate and get tested via the NHS Grampian staff testing route.

### **Mental Health and Wellbeing Webinars**

Please make staff aware of this – it’s been a tough year for care home staff in many different ways.

[National Wellbeing Hub for those working in Health and Social Care](#)

### **Visitors**

Visiting a loved one in a care home is classed as ‘essential travel’ and such visits are exempt from Scottish travel restrictions. Visitors may come from any region within Scotland as long as the visit is risk assessed, and they do not have any symptoms suggestive of COVID 19. Further clarity around essential travel between UK country borders can be found on the Scottish Government website: The exceptions apply as much to people travelling from England as to people travelling from other parts of Scotland.

### **Vaccine and immunity**

The vaccine does not guarantee full immunity and people who have been vaccinated can still contract and transmit the virus. The vaccine has been found to be effective at preventing serious illness from COVID19 but it can still spread so it is very important that we keep up the robust ICP measures we have in place.

**Staff vaccines:** staff who have changed their mind and would now like to receive the vaccine can arrange this through nhs inform.

### **Masks**

Although they have been removed from the NDC catalogue, we are aware that some stocks of Type 11 masks (non-fluid repellent) may still be in circulation. These

include Molnlycke and Medline brand names. These masks are not appropriate PPE and should not be used. The following product codes have been purchased in NHSG in the past – 143665, 217311 and 237913

If you have any of these Type 11 masks in use or storage please do not use; instead quarantine them and contact [gram.covid19supplies@nhs.scot](mailto:gram.covid19supplies@nhs.scot) to arrange a return.

Please be reminded that all Personal protective equipment (PPE) should comply with the National Infection Prevention and Control Manual.