Aging Life Care Professionals & COVID-19

Navigating the New Normal

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Public Health

The science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting,
preventing and responding to infectious diseases.

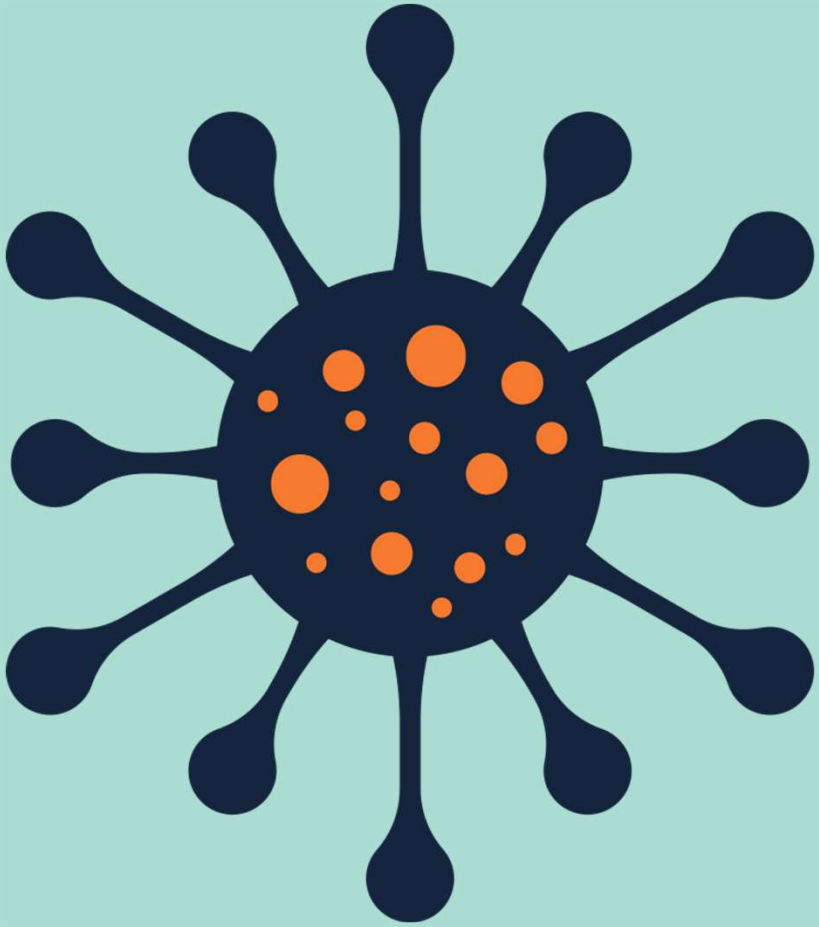
Important Public Health Terms

- **Infection rate**: the probability or risk of an infection in a population
- **Incubation period**: the number of days between when you're infected with something and when you might see symptoms.
- **Contact tracing**: the process of contacting all people who've had contact with someone who tested positive for COVID-19. Those contacted should self-isolate and get tested for Covid to reduce the spread to others
- **Herd immunity**: An immunity which occurs when a large portion of a community (the herd) becomes immune to a disease, making the spread of disease from person to person unlikely. As a result, the whole community becomes protected — not just those who are immune. Estimated that 70% of the US population (200 million) would have to be infected or have immunity for this to happen

- **Vector**: living organisms that can transmit **infectious diseases** between humans or from animals to humans.
- **Droplet transmission**: Droplet transmission occurs by the direct spray of large droplets onto conjunctiva or mucous membranes of a susceptible host when an infected patient sneezes, talks, or coughs
- **Airborne transmission** - disease spreads through small very small particulates that can be transmitted through the air over time and distance
- **Fatality rate**: is the proportion of deaths from a disease compared to the total number of people diagnosed with the disease for a particular period – Covid is thought currently to have a fatality rate of 2%

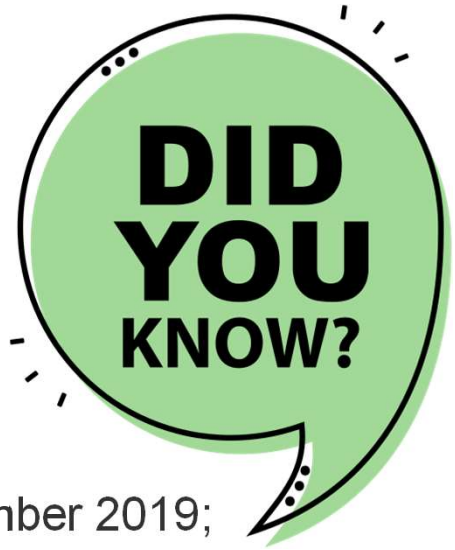
Public Health Milestones

- Vaccines against Polio and other transmittable infectious diseases
- Fluoridation in drinking water
- Decline in tobacco use
- Decline in deaths from heart disease and cancer
- Treatment and prophylaxis on the spread of HIV/Aids
- Early childhood nutrition and prevention

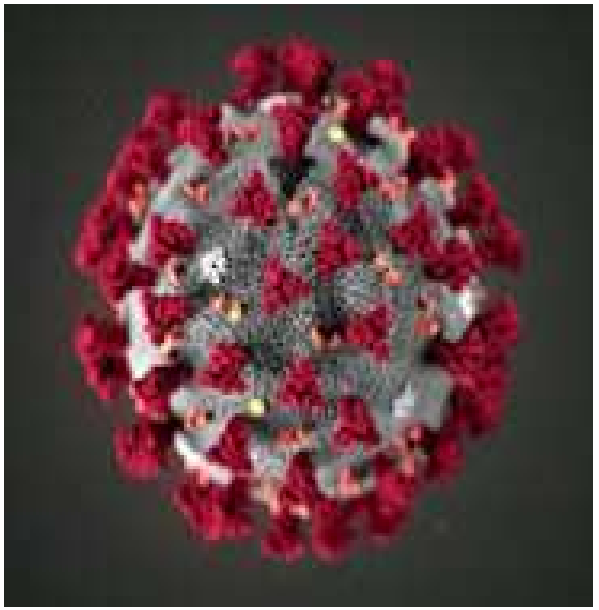


COVID-19 Facts Known to Date on the Virus

COVID-19 FACTS

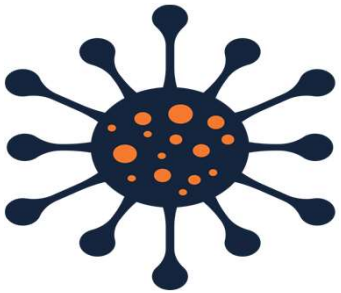


- A new (novel) respiratory virus
- Originated in Wuhan, China in December 2019;
- Has been declared a global pandemic since March 2020.
- The Covid-19 virus (aka the coronavirus) gets its name from the spikes that protrude from its surfaces, resembling a crown or the sun's corona.
- It can infect both animals and people
- Primarily causes illnesses of the respiratory tract.
- As of September 2020, Covid-19 has infected and killed over 1 million people worldwide, with over 202,000 deaths in the United States

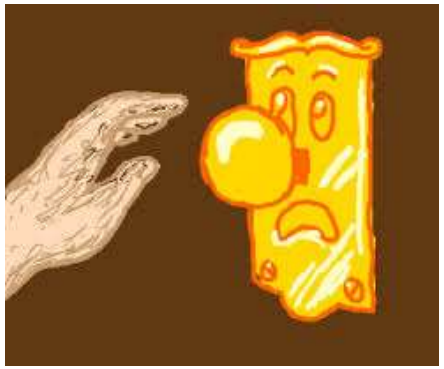


How did transmission start?

COVID-19 Virus → Animal Vectors (bat & pangolin) → Human → Humans



Human to Human Transmission



Infectivity Rates

- R_0 tells you the average number of people who will contract a contagious disease from one person with that disease. It applies to a population of people who were previously free of infection and haven't been vaccinated.

- For example, if a disease has an R_0 of 18, a person who has the disease will transmit it to an average of 18 other people. That replication will continue if no one has been vaccinated against the disease or is already immune to it in their community.

Super Spreader Events

- If R_0 is less than 1, each existing infection causes less than one new infection. In this case, the disease will decline and eventually die out.

- If R_0 equals 1, each existing infection causes one new infection. The disease will stay alive and stable, but there won't be an outbreak or an epidemic.

- If R_0 is more than 1, each existing infection causes more than one new infection. The disease will be transmitted between people, and there may be an outbreak or epidemic

Common Symptoms

- Sore Throat
- Fever
- Cough
- Muscle Aches
- Fever

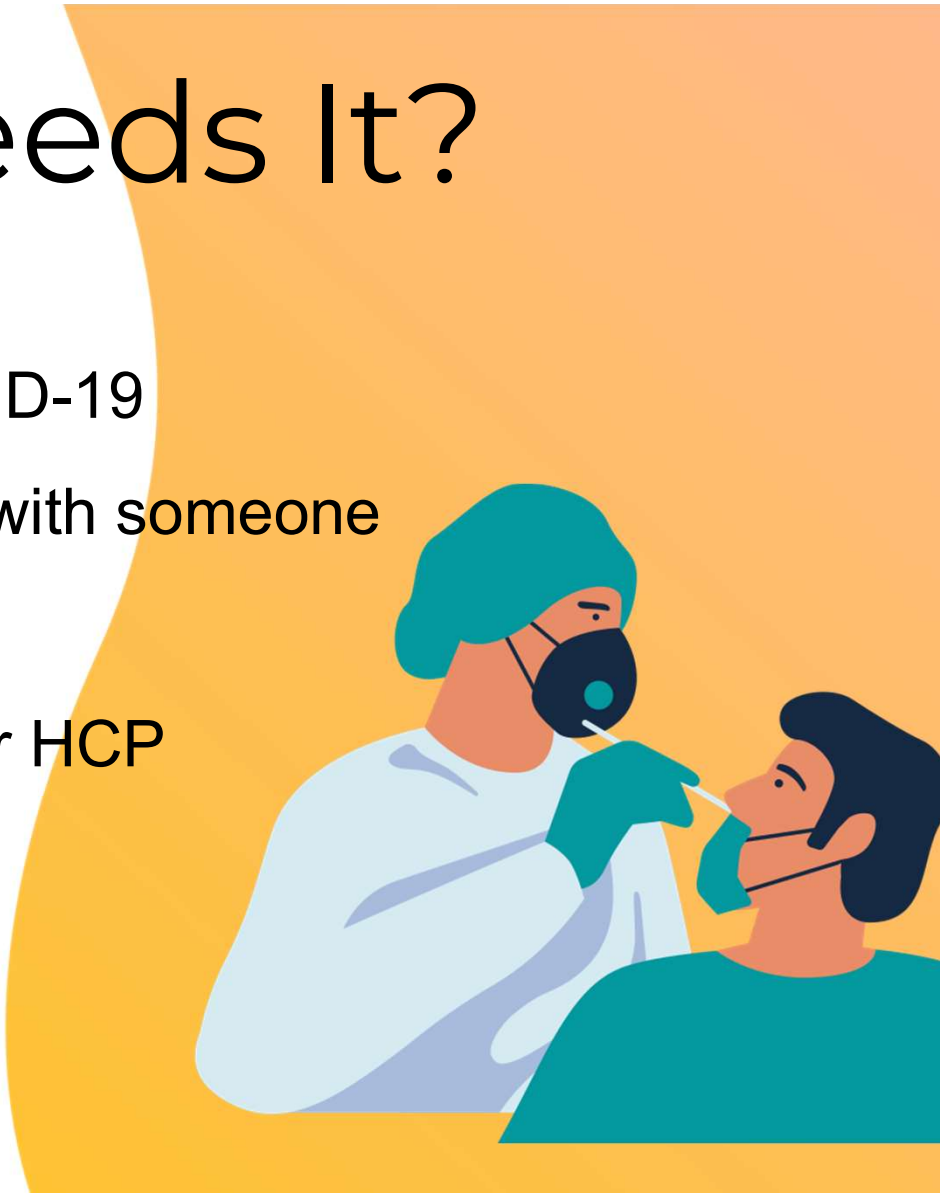
More Worrisome Symptoms

- Breathing difficulty/low oxygen levels
- Chest burning
- Extreme Weakness
- GI Upset/Frequent diarrhea
- Altered Mental Status

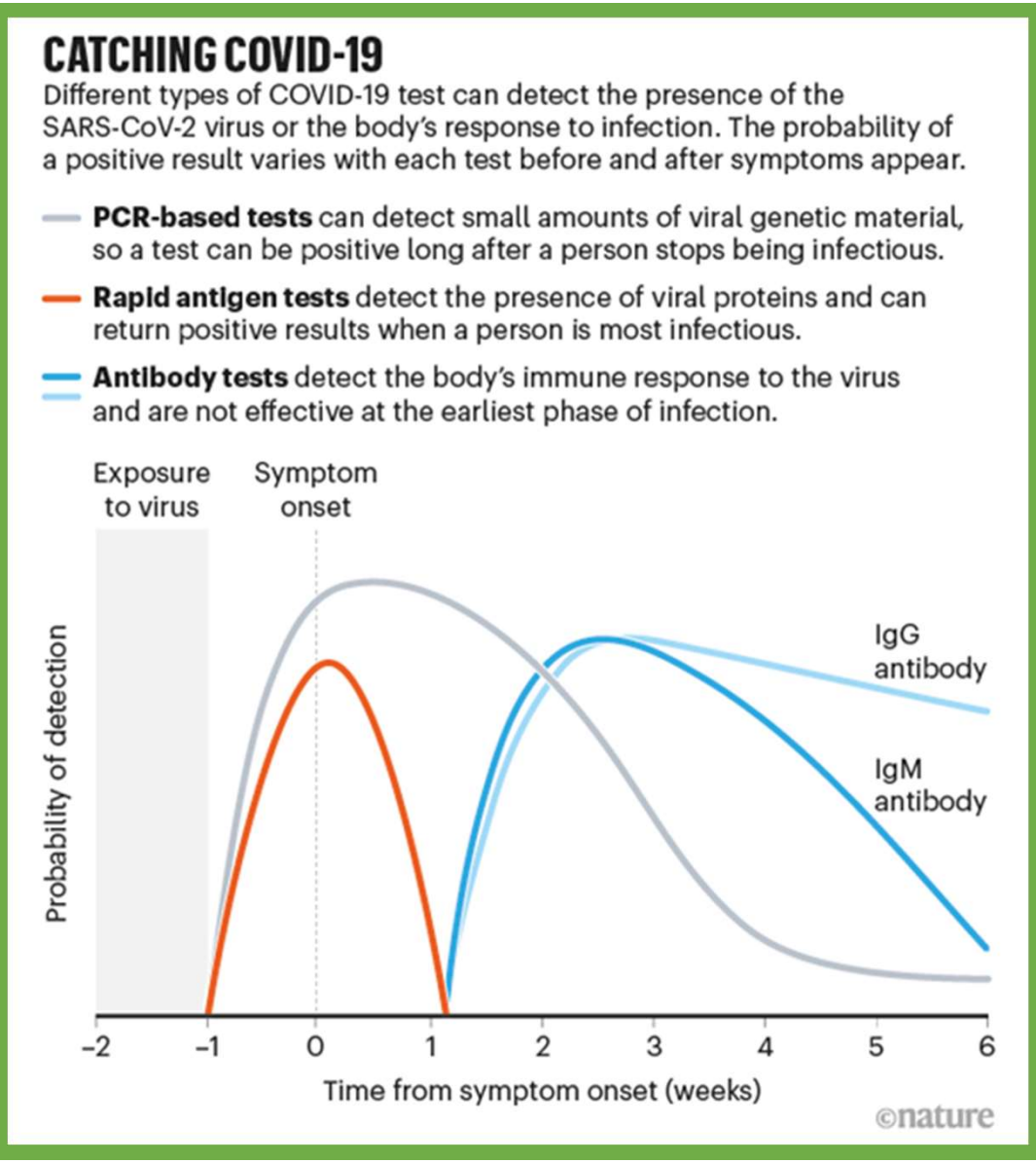
Who's at risk for adverse effects

Testing: Who Needs It?

- People who have symptoms of COVID-19
- People who have had close contact with someone who is positive
- People referred to get testing by their HCP



Types of COVID-19 Tests



COVID-19 CARE

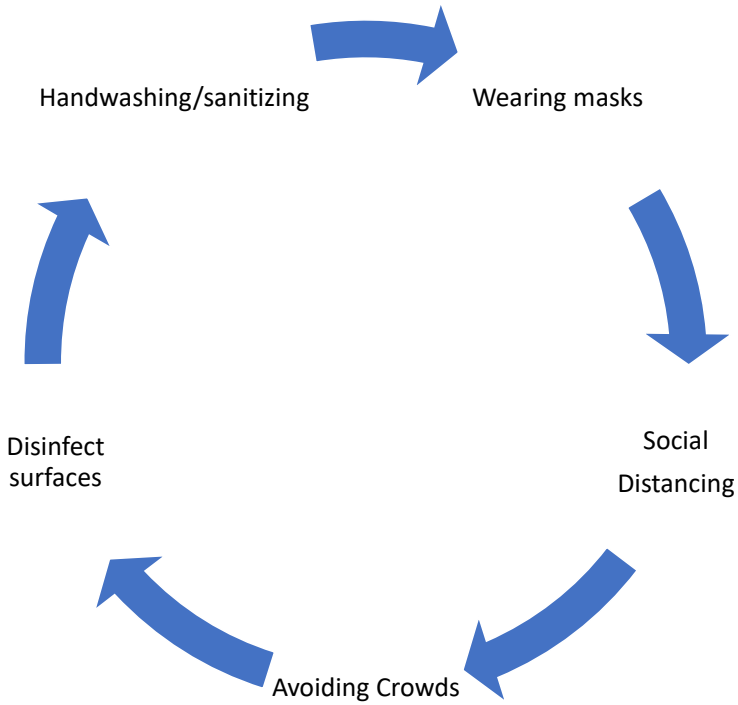
- Quarantine
- Contact trace
- Acetaminophen
- NSAIDs
- Rest
- Nutrition
- Hydration
- Monitor Oxygen levels
- Seek medical attention if symptoms worsen

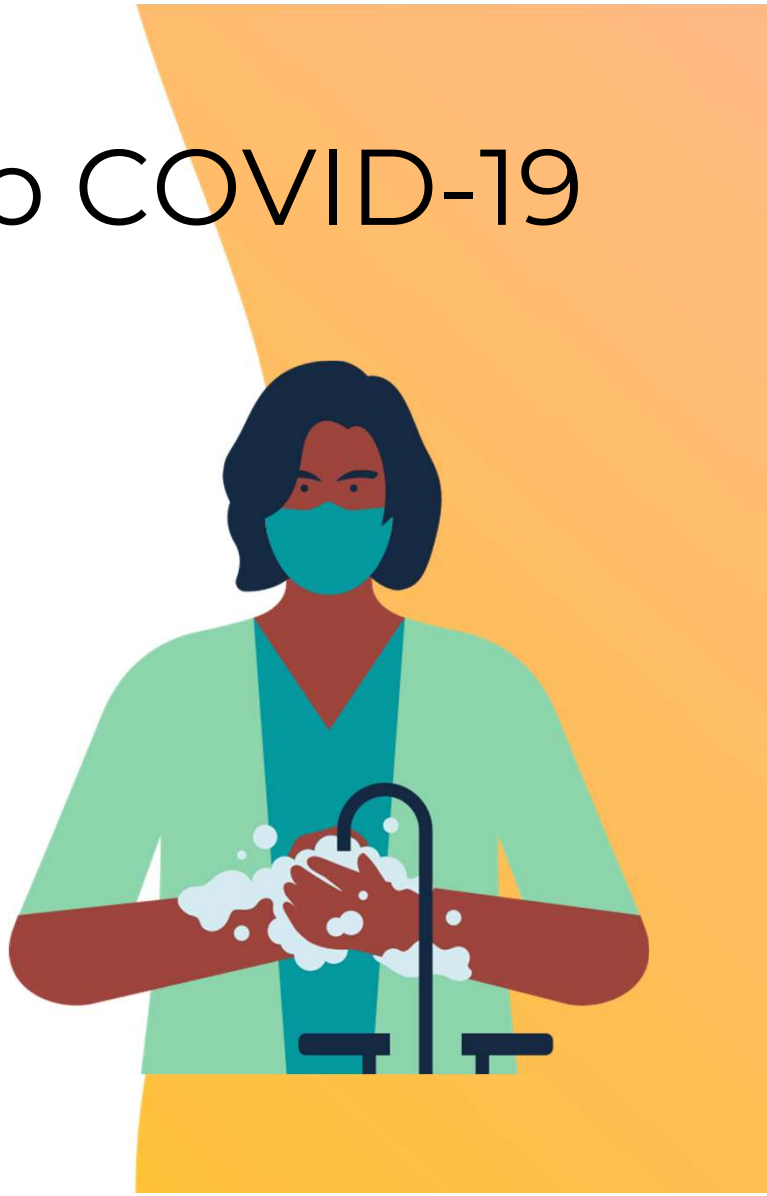
Source:

Covid-19 Therapeutics

- Abdominal positioning
- Consider anticoagulation
- Delaying ventilation with lower thresholds for hypoxia
- 310 active trails – some approved therapeutics: convalescent plasma, remdesivir, actemera, Olumiant, decadron, aviptadil

Minimizing exposure to COVID-19



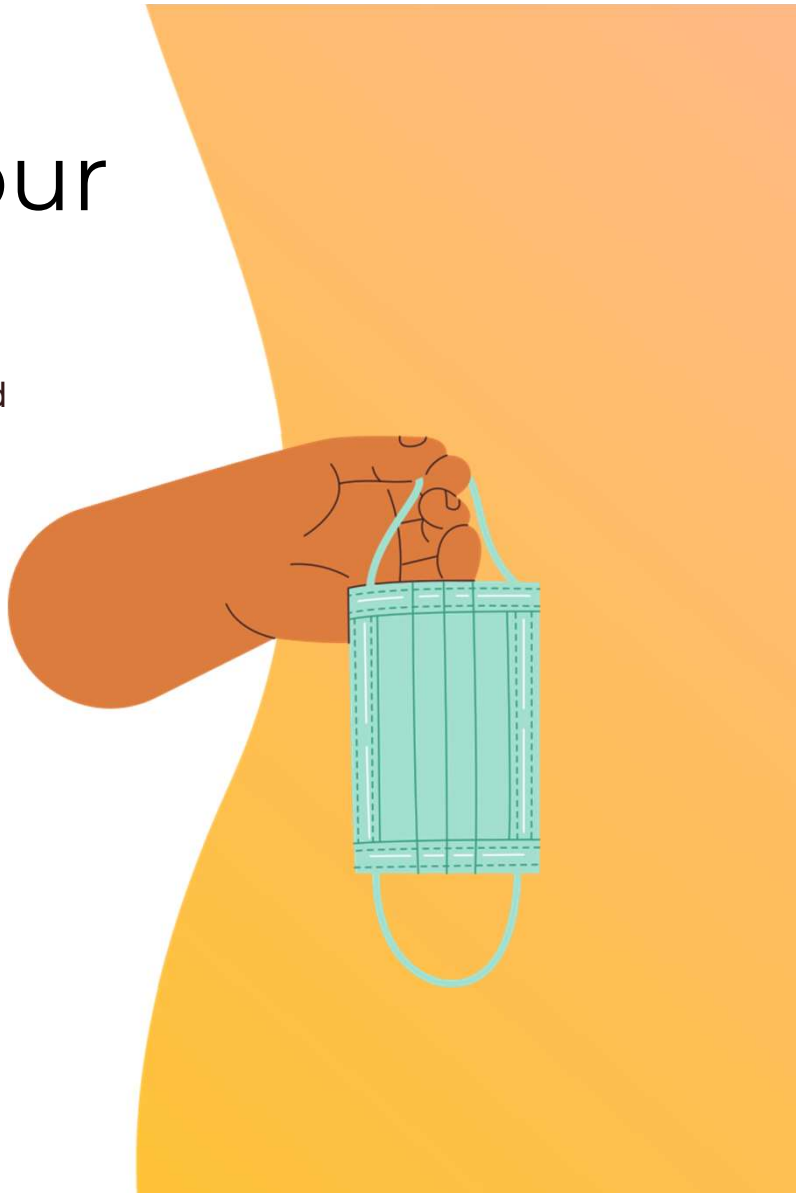


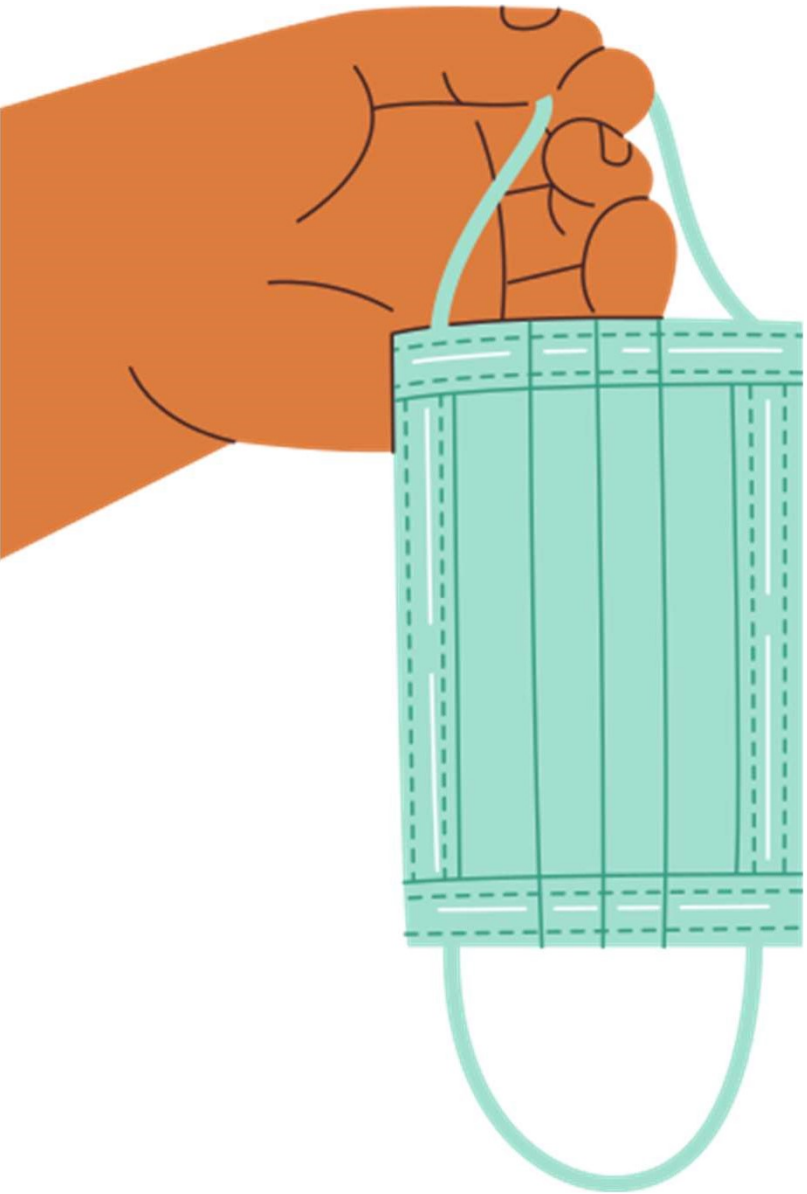
Best Practices for Aging Life Care Professionals

- Be knowledgeable of reputable PPE vendors and stock up on supplies for your clients and for your team
- Maintain strict Covid-19 precautions – wear a mask, hand sanitize, keep 6 feet away unless absolutely necessary; check temperature before a client visit; when possible meet outdoors; if inside limit visit to as short as possible and open windows for ventilation; avoid public transport
- Keep client and team vaccinations up to date
- Lead team up to maintain healthy low risk Covid-19 lifestyle practices
- Consider intermittent Covid testing – this may be mandated for you to enter some assisted living facilities
- For in person visits assess client need against risks (what is your geographic infectivity rate?)
- Bridge in person visits with virtual/telephonic check

How will the virus affect our practices in the future?

- Increased demand for initial care management assessments, coordination and planning
- Potential decrease in routine in-person visits
- Greater demand for emergency planning and 24 hour triage
- More demand for home care staffing and ensuring a safe home environment
- Increased use of the medical home model
- Opportunities for education with advanced directives





It’s a small ask to wear a mask!

- Cloth
- KN95
- N95
- Hospital mask

SWOT Model

- Strengths
- Weaknesses
- Opportunities
- Threats

Adapting to the New Normal

- Review your current business model using SWOT model
- Adapt your practice to the new pandemic environment
- Explore adding new revenue streams
- Upgrade your investments in technology
- Perform regular revenue modeling with your financial adviser

Thriving in the New Normal

Take care of yourself first: sleep, exercise, meditation/prayer, nutrition, maintain relationships and work/life balance

Find and invest money and time in friends, mentors/or coaches

Explore your ABC skillsets so you can do what you love and delegate or refer the stuff you don't

Know your target market and the problems they have that you can solve

Invest in your website, brand and establish a social media presence to spread your message–use available resources like ALCA!

Show gratitude daily and lift others up – its infectious in a good way!

Future Trends

- Virtual/hybrid care management consultation
- The rise of the smart home
- Serving an increasingly diverse community
- Health monitoring/wearables and digital connectivity with EMR’s

- The rise of team-based care
- Increased interest in the corporatization of care management
- Increased need for digital security
- Renewed interest in wellness and preventive health practices
- The driving force of data analytics to change practice

Questions?