JOIN US FOR OUR NEW SERIES:

CARE HOMES ECHO
How are we doing?

Vaccines start

Delta Variant Surge

(As of 10/17/21)
Are the COVID Vaccines working?

https://covid.cdc.gov/covid-data-tracker/#covidnet-hospitalizations-vaccination
Immune-compromised People

- Organs transplant
- Immunodeficiency diseases
- Blood cancers
- Cancer patients on treatment
- On immunosuppressive medications
## COVID-19 Vaccine 3\(^{rd}\) dose for Immunocompromised Patients

<table>
<thead>
<tr>
<th>COVID-19 Vaccine Dose Criteria</th>
<th>Vaccine</th>
<th>Age</th>
<th>Interval</th>
<th>Additional Guidelines</th>
<th>Mixing vaccines?</th>
</tr>
</thead>
<tbody>
<tr>
<td>3(^{rd}) Dose for Immunocompromised patients</td>
<td>Pfizer</td>
<td>12+</td>
<td>After 2(^{nd}) dose</td>
<td>Try to match dose type to previous mRNA vaccine.</td>
<td>If not feasible, another vaccine is probably acceptable *</td>
</tr>
<tr>
<td>3(^{rd}) Dose for Immunocompromised patients</td>
<td>Moderna</td>
<td>18+</td>
<td>After 2(^{nd}) dose</td>
<td>If patient is 12-17, do not give Moderna.</td>
<td>Giving another vaccine is probably acceptable*</td>
</tr>
</tbody>
</table>

Persons at High Risk
## COVID-19 Vaccine 3rd Booster Shot for High-Risk Persons

<table>
<thead>
<tr>
<th>COVID-19 Vaccine Dose Criteria</th>
<th>Vaccine</th>
<th>Age</th>
<th>Interval</th>
<th>Additional Guidelines</th>
<th>Mixing vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Booster Dose for High-Risk persons</td>
<td>Pfizer</td>
<td>16+</td>
<td>At least dose</td>
<td>6 MONTHS after 2nd dose</td>
<td>Try to match dose type to previous mRNA vaccine.</td>
</tr>
<tr>
<td></td>
<td>Moderna</td>
<td>18+</td>
<td>At least dose</td>
<td>6 MONTHS after 2nd dose</td>
<td>3rd dose is a lower dose</td>
</tr>
<tr>
<td></td>
<td>J&amp;J</td>
<td>18+</td>
<td>At least dose</td>
<td>2 MONTHS after 2nd dose</td>
<td></td>
</tr>
</tbody>
</table>

FLU
IT’S VACCINATION TIME!
Getting Flu shots

• Flu viruses change every year, so vaccines are updated every year.
• Both the Flu virus and COVID virus will both spread this fall and winter.
• Get Both!
  • Safe
  • Same day is ok if possible
  • **Different arm** is recommended
  • According to the CDC, it is safe to get the Flu and the COVID vaccines on the same day! In fact, the CDC is advising that people get a COVID booster (if eligible) at the same time they get their flu shot this year


...But you don’t have to wait for the COVID shot!
Support & Well-being
What is Loneliness?
Loneliness is...

Feeling sad and unhappy about being socially isolated
Loneliness reflects how connected we feel to others.

Let’s review some items from the UCLA Loneliness Scale:

Look for people who...

- Have nobody to talk to
- Feel as if nobody really understands me
- Are no longer close to anyone
- Has interests and ideas are not shared by those around them
- Are unable to reach out and communicate with those around them
- Find it hard to make friends
- Feel like no one really knows them well

Loneliness in Care Homes

• Loneliness is common in LTC institutions
• Severe loneliness in care homes is at least double compared to those in the community
  • 22-42% in Care Homes compared to 10% in Community Dweller
• Some activities can decrease loneliness.
• Loneliness increases risk for depression, suicidal thoughts, aggressive behaviors, anxiety, increase impulsivity, and cognitive decline.

Sometimes we are so busy, we don’t notice...

Look for Loneliness...

"I didn't notice you were here." "That's alright," Eeyore said as he sat down. "Nobody ever does."
Thanks for noticin' me

Take time to make Connections
Impact of the COVID-19 Pandemic

Social Isolation
- Number of social contacts

Loneliness
- Feeling from lack of meaningful relationships

Depression
- Clinical Diagnosis
Recognizing Depression
Impact of COVID-19 on Well-being

A very large study of nursing home residents in Connecticut compared residents between 2019 vs. 2021

- Prevalence of Depression (15% increase)
- Substantial weight loss (150% increase)
- Increase of incontinence
- Decrease in cognitive functioning

PMCID: PMC7980137; PMID: 33861980
Impact of Depression

- Depression
  - A Clinical Diagnosis which can be treated
- Weight loss
- Physical decline
- Cognitive decline
- Earlier Death
Why is Depression in the Elderly Sometimes Hard to See?

Depression can sometimes look like Dementia

Older persons who are depressed may not complain of depression

Some symptoms may be seen as “just getting old”

Older persons may not complain of “sadness”
Let’s think about your residents:

• Do you know any residents who have stopped eating or are losing weight?
• Does your resident tell you he is too tired?
• Does your resident who used to be “sharp” now have trouble thinking?
• Does your resident cry more often than before?
Let’s think about your residents:

• Do residents say: “I’m no good anymore”?  
• Do residents say: “I want to die”?  
• Does your resident say “sorry” all the time?  
• Is your resident just grumpy?  
• Is your resident having more challenging behaviors?
Look out for these signs and symptoms:

- Sleep changes – sleeping all the time or not enough
- Loss of interest
- Feeling worthless
- Low energy
- Trouble thinking (more than before)
- Loss of appetite
- Moving more slowly than before
- Anxious or agitated
- Talking about death

It’s NOT just “sadness”

Also ask others if they noticed...
Screening for Depression

...a VERY important 1\textsuperscript{st} Step!
If they can make themselves understood, you SHOULD TRY to ask the resident directly.

Sit Down and Talk to the Resident:

**Preparation**
- Sit at eye-level position, good lighting
- Eliminate all distractions (TV, radio, etc.)
- Having a “cue card” on hand will help the resident more easily quantify the frequency.
- Take his/her hand
- Speak clearly & loudly
If the resident cannot answer, ask all Staff:

- Interview staff from all shifts who know the resident best
- Ask staff in a private location (not in the hall...)
- Record the symptoms and frequency
A Two-Item Screening Tool

PATIENT HEALTH QUESTIONNAIRE-2 (PHQ-2)

ASK:

Over the last 2 weeks, have you been bothered by having little interest or pleasure in doing things?

HOW OFTEN?

Not at all
Several days
More than half the days
Nearly every day

Not Enjoying Anything
PATIENT HEALTH QUESTIONNAIRE-2 (PHQ-2)

ASK:
Over the last 2 weeks, have you been bothered by feeling down, depressed, or hopeless?

HOW OFTEN?
Not at all
Several days
More than half the days
Nearly every day
How much did it bother you in the last 14 days?

<table>
<thead>
<tr>
<th>Duration</th>
<th>Description</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1 DAYS</td>
<td>Never or 1 day</td>
<td>0</td>
</tr>
<tr>
<td>2-6 DAYS</td>
<td>Several Days</td>
<td>+1</td>
</tr>
<tr>
<td>7-11 DAYS</td>
<td>Half or more of the days</td>
<td>+2</td>
</tr>
<tr>
<td>12-14 DAYS</td>
<td>Nearly every day</td>
<td>+3</td>
</tr>
</tbody>
</table>
EXAMPLE:

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several Days</th>
<th>More than half the days</th>
<th>Nearly every day</th>
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</thead>
<tbody>
<tr>
<td>Little Interest or Pleasure</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
</tr>
<tr>
<td>Feeling Down</td>
<td>0</td>
<td>+1</td>
<td>+2</td>
<td>+3</td>
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</tbody>
</table>

**TOTAL SCORE= 5**

Score of 3 or more= major depression is likely

**NOTE:** You are NOT making a diagnosis. This is just the screening test. The doctor will evaluate this further.

https://inews.co.uk/culture/film/winnie-the-pooh-mental-health-aa-milne-93148
It is important to let the doctor know.

• The doctor will do a longer test and ask more questions (PHQ-9)
• They will work with everyone to create a treatment plan to help them get out of depression.

https://charactercommunity.fandom.com/wiki/Christopher_Robin?file=Christopher_Robin.gif
PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

D0200. Resident Mood Interview (PHQ-9)

Say to resident: “Over the last 2 weeks, have you been bothered by any of the following problems?”

If symptom is present, enter 1 (yes) in column 1, Symptom Presence.
If yes in column 1, then ask the resident: “About how often have you been bothered by this?”
Read and show the resident a card with the symptom frequency choices. Indicate response in column 2, Symptom Frequency.

1. Symptom Presence
   0. No (enter 0 in column 2)
   1. Yes (enter 0-3 in column 2)
   9. No response (leave column 2 blank)

2. Symptom Frequency
   0. Never or 1 day
   1. 2-6 days (several days)
   2. 7-11 days (half or more of the days)
   3. 12-14 days (nearly every day)

<table>
<thead>
<tr>
<th>Symptom Presence</th>
<th>Symptom Frequency</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>

A. Little interest or pleasure in doing things
B. Feeling down, depressed, or hopeless
C. Trouble falling or staying asleep, or sleeping too much
D. Feeling tired or having little energy
E. Poor appetite or overeating
F. Feeling bad about yourself - or that you are a failure or have let yourself or your family down
G. Trouble concentrating on things, such as reading the newspaper or watching television
H. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual
I. Thoughts that you would be better off dead, or of hurting yourself in some way
LONELINESS:
• Look for Loneliness
• Make efforts to connect with them more

DEPRESSION SCREENING:
• Sit down and talk with each of your residents.
• Complete the Depression Screening Tool (PHQ-2)
• Add up the scores and write it under the chart.

SHARE WITH THE DOCTOR:
• If the score is 3 and higher, please share this form with the doctor

How can you help?
PLEASE SHARE WITH OUR TEAM:

• When you are doing taking your evaluation, you will receive a link to fill out an online survey form to share the PHQ-2 scores for each of your residents.

IMPORTANT: PHQ2 Form Needed for Certificates of Attendance

Miquela Ilrao <milrao@gmailserver.com>
to me

Aloha,

Thank you for participating in this month's Care Homes ECHO. In order to receive Certificates of Attendance you must complete the following PHQ-2 Form for each of your Care Home Residents or Foster Home Clients. You may enter all names of attendees from your care home to one PHQ2 form.

https://hlegwq.p.cqualtrics.com/ja/form/SV_cON4W9MEt1pTaC

If you need assistance with completing the form, please join Miquela via zoom on:
Friday, October 22 at 11am
Friday, October 22 at 2pm
Monday, October 25 at 9am
Monday, October 25 at 2pm
Tuesday, October 26 at 1pm

Zoom Link: https://hawaii.zoom.us/j/98110111742
To get your certificate of attendance, please screen all your residents before our next session.
To get your certificate of attendance, please screen all your residents before our next session.

Please complete the PHQ-2 for each of the residents/clients that you have in your home. You may leave patient spaces blank (if you only have 3 residents/clients, leave #4-6 blank).

Using 0-3, please rate your residents/clients feelings:
0 = not at all
1 = several days
2 = more than half the days
3 = nearly every day

<table>
<thead>
<tr>
<th>Resident 1</th>
<th>Over the last 2 weeks, how often has the resident been bothered by little interest or pleasure in doing things (0, 1, 2, 3)</th>
<th>Over the last 2 weeks, how often has the resident been bothered by feeling down, depressed or hopeless (0, 1, 2, 3)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□</td>
<td>□</td>
<td>□</td>
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<tr>
<td>Resident 2</td>
<td>□</td>
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<tr>
<td>Resident 3</td>
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<tr>
<td>Resident 4</td>
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<tr>
<td>Resident 5</td>
<td>□</td>
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</tr>
<tr>
<td>Resident 6</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

Do you have another Care Home or Foster Home to report on?

- No
- Yes
• As we provide ideas to better manage depression in our future sessions, we hope that all these scores will improve.

• We will ask you to do this again at the end of January

• This will demonstrate that you are doing a good job improving resident’s quality of life!

• IF YOU NEED HELP:
  • Friday, 10/22 at 11am
  • Friday, 10/22 at 2pm
  • Monday, 10/25 at 9am
  • Monday, 10/25 at 2pm
  • Tuesday, October 26 at 1pm

Can you do us a BIG favor?
THANKS FOR CARING!