



Isolation Activity of the Week: Color My World

Items Needed:

- Adult appropriate coloring books or pages (not to be shared)
- Markers, pens and/or colored pencil kits (have an assortment for each resident to use with no sharing).
- Painter's tape to hang pages in resident's room

Procedure:

- Place coloring sheets and markers/pens/colored pencils/crayons in ziploc bags to make kits
- Deliver kits to residents each day
- Consult with Therapy on which residents may need more detailed or less detailed pictures and which may need supervision with task
- Staff can collect coloring sheets and use painter's tape to safely hang in resident's room or in the 'gallery' if displaying
- Pages can be related to the activity theme of the week/day or just random to brighten the resident's day and allow them to focus on something positive
- Bonus: If you have a resident with artistic talent, have them create the coloring pages and make copies!

Idea Credit: Sagely Webinars 3/26/20

COVID-19 Clinical Update: Acute Kidney Failure

Hospitals are reporting incidences of moderate to severe acute kidney injury (AKI) in as many as 20-30% of COVID-19 cases. This has even caused a shortage of dialysis machines and dialysate solutions in some ICUs.

Since the kidney may take up to 6 weeks to heal, kidney injury may be one the top long-term sequelae of COVID-19.

Long term care providers caring for both in-house residents and those returning from the hospital should be aware of effects of the virus on kidney function. Monitoring creatine, potassium, and other markers of kidney function in recovering residents may be important to preventing further complications. Arrangements for the continuation of dialysis treatment when warranted also need to be considered to reduce the risk of disease transmission.

Source: Kidney Complications in COVID-19 Send Hospitals Scrambling - Medscape - Apr 20, 2020.

Are you seeing an increase in behaviors in the wake of COVID-19?

You may have noticed an increase in behaviors in your facility due to social isolation and quarantine related to COVID-19. Studies have shown that stress, fear and anxiety can impact mental health both short- and long-term.

Individuals with Dementia or Cognitive impairment find it progressively harder to communicate their wants, needs, and emotions **verbally**. When we lose the ability to express ourselves verbally, we begin to express ourselves **nonverbally** through gestures, facial expressions, and body language; i.e. behaviors.

Additionally, recent studies have shown that as their own emotional state begins to deteriorate, individuals with Dementia may mimic the emotions of others, referred to as the emotional contagion. That means that if caregivers are anxious or angry, their patients will pick up and copy these emotions. Likewise, if the caregiver is calm and happy, patients will emulate these positive emotions.

How can TMC help?

- TMC has a formal Dementia program, which focuses on improving Dementia-related quality measures and meeting the individual needs of the residents in a person-centered manner. This includes Cognitive-based leveling to identify an individual patient's Best Ability to Function. Every TMC team member is a certified Dementia Care Specialist.
- Many behaviors occur due to the inability to express an unmet need. TMC's therapists are trained to help investigate the root causes of behaviors and ensure the residents' needs are met.
- TMC has partnered with CPI, Crisis Prevention Institute, to share 5 tips for helping individuals control their own behavior during heightened times of stress and anxiety.
 - **Understand that Behavior is Communication:** Most communication occurs beyond the words we use. Look for signs of anxiety in body language, tone and cadence. Understand that crisis behavior reflects a need and consider what it is the other person might want.
 - **Avoid the Power Struggle:** No one can meet every need at every moment. Challenging or exercising authority over a person can escalate negative behaviors. Considering options you can offer allows flexibility to address both parties' needs and desired outcomes.
 - **Use Limit Setting:** Behavior can't be forced but setting limits can help us influence behaviors. Framing acceptable behaviors or outcomes can encourage the other person to choose the most productive option.
 - **Practice Rational Detachment:** Don't take behaviors personally. Stay calm. Find a positive way to release the negative energy you absorbed during the conflict. Keep in mind, you can only control your own attitude and actions.
 - **Therapeutic Rapport:** Learn from the conflict and help the other person learn from the experience. Focus on identifying and preventing the pattern of behavior in the future. Finally, put time and effort into repairing the relationship.

**For more information on TMC's Quality Measure-focused formal Dementia program, or to learn more about providing Dementia Capable Care with your facility/community staff, contact your TMC Business Development representative, or your Area Manager or Regional.*

