



Isolation Activity of the week: Paparazzi Stars

Items Needed:

- Individual Make-up, nails and hair styling kits
- Camera (bonus for a camera with flashes or use a separate light to imitate paparazzi flashes)

Procedure:

- Each day of the week can be a different activity leading up to when the paparazzi arrive.
 - Monday: residents pick out their outfits to look their best for the paparazzi.
 - Tuesday: residents design their Hollywood Star and watch a classic famous movie IE: Casablanca.
 - Wednesday: residents do word games, trivia etc. based on Hollywood stars from their day.
 - Thursday: spa day and all residents get their nails done. The men can get a fresh shave too.
 - Friday staff can assist with hair and make-up in the morning and activity staff can begin coming around taking each resident's picture
- Staff can adapt the tasks to meet the needs of each resident's ability. See your therapy department for modification ideas.
- The idea is to make the residents feel like a star for the day so, make sure several staff members are flashing cameras while one is really taking the glamour shot.

Idea Credit: Sagely Webinars 3/26/20

Clinical Update: How long can coronaviruses live on surfaces?

The following chart summarizes information from a February 2020 study in *the Journal of Hospital Infection* which analyzed the research on the family of human coronaviruses including SARS and MERS.

Surfaces	Examples	How long can virus live?
Metal	Doorknobs, jewelry, silverware	5 days
Wood	Furniture, decking	4 days
Plastics	Milk containers, detergent bottles, elevator buttons	2-3 days
Steel	Refrigerators, pots/pans, sinks, water bottles	2-3 days
Cardboard	Shipping boxes	24 hours
Copper	Pennies, cookware	4 hours
Aluminum	Soda cans, tinfoil	2-8 hours
Glass	Drinking glasses, mirrors, windows	Up to 5 days
Ceramics	Dishes, pottery, coffee mugs	5 days
Paper	Mail, newsletters	Varies from minutes to days based on strain
Food	Takeout, produce	Doesn't seem to spread through food
Fabrics	Clothes, bed linens	Not enough research

Long term care providers are taking extra precautions for infection control for this time. For more information on CMS recommendations and specific guidance on precautions and preparedness see the related documents from TMC's Coding Integrity Division included with this email.

Kampf, G., Todt, D., Pfaender, S., & Steinmann, E. (2020). Persistence of coronaviruses on inanimate surfaces and their inactivation with biocidal agents. *Journal of Hospital Infection*, 104(3), 246-251. doi:10.1016/j.jhin.2020.01.022

Week 6 Preventing Compromised Skin Integrity due to Isolation

Even before the COVID-19 pandemic, Seniors, especially those in LTC facilities, were at risk for compromised skin integrity. Skin integrity can be compromised due to skin tears, pressure related to inactivity and increased time in bed, and can also occur as a result of shearing during changes of bed linens. If not managed properly, compromised skin integrity can have a negative impact on our residents' health and wellness, and can place them at a higher risk of further infection and illness. The good news is that even though social distancing has changed the activity level of many of our residents, as well as the way we daily monitor our residents, we, as the caregivers, have the unique opportunity of making a positive impact on reducing risks of compromised skin integrity for our residents.

How can TMC help?

TMC has a formal Skin Integrity program, which is based person-centered care and is focused on identification of risks related to skin integrity.

- **TMC's Skin Integrity program focuses on the root cause for the patient's compromised skin integrity, or the risks thereof. Risk Factors considered include:**
 - **Positioning Abilities**
 - **Bed Mobility**
 - **Contracture development**
 - **Hydration/Nutrition needs**
 - **Contenance abilities**
 - **Sensation**
 - **Physical and Cognitive abilities**
 - **Medical and Lifestyle-related history**

**To learn more about how Therapy can help, with reducing the risks related to compromised skin integrity, talk to your Therapy Care Navigator (TCN) Physical and Occupational Therapy staff members, or contact your TMC Business Development representative, or your Area Manager or Regional.*

