

Isolation Activity of the week: Daily Devotionals

Items Needed:

- 7 Devotional Prayers or Inspirational Quotes (be mindful of residents' religious preferences)
- Mini journals for each resident and pencils/markers

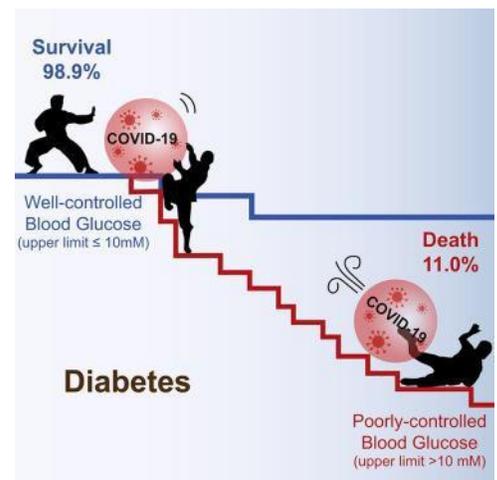
Procedure:

- Each day of the week residents will receive a different devotional and they can journal/color about it each day.
 - Monday staff can deliver a journal to each resident with their first devotional and instructions to journal about how the devotional made them feel.
 - Tuesday, they receive their devotional and items to decorate the front of their journal.
 - Wednesday residents receive their devotional and a word search related to positive words.
 - Thursday with their devotional they receive a blank card to color/write in to send to someone that inspires them.
 - Staff can continue these daily devotionals through the weekend and show an inspiring movie or church service for residents.
- 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 bring positivity into their lives and staff can encourage this with each other as well as the residents.

Clinical Update: Well controlled blood sugar improves mortality

It has been widely reported that Diabetes is one of the main comorbidities that contributes to the risk of severe complications of COVID-19. However, the role of blood sugar regulation in regard to recovery from COVID-19 has been uncertain. A recent study of over 7000 cases in China revealed that well controlled blood glucose levels were associated with markedly lower mortality. Improved glycemic control was correlated with better outcomes in patients with COVID-19 and Type 2 diabetes.

Knowing this, long term care providers should focus on monitoring and closely controlling the blood sugar of all residents, but especially those who have tested positive or are suspected of having COVID-19.



Source: Zhu et al., Association of Blood Glucose Control and Outcomes in Patients with COVID-19 and Pre-existing Type 2 Diabetes, *Cell Metabolism* (2020), <https://doi.org/10.1016/j.cmet.2020.04.021>

Breathing Exercises and Techniques for Respiratory Health

As more and more symptoms are added to the list for COVID-19, it is important to remember that the virus's main target is the lungs. Individuals who have chronic lung diseases and conditions, and in adults 65+ are at increased risk for contracting more critical cases of COVID-19, and are also at risk for rapid progression of symptoms once the disease is contracted. This can result in pneumonia, and even acute respiratory distress syndrome (ARDS), which can cause pulmonary fibrosis and long-term damage to the lungs. Damage to the lungs can result in decreased respiratory efficiency and decreased endurance/activity tolerance, and can increase feelings of anxiety for our residents.

We all know that exercise is good for our bodies, and the lungs are no different.

Just as regular exercise makes your muscles stronger, it also makes your heart and lungs stronger. Some specific types of exercise can even strengthen the muscles of the neck and chest, including the diaphragm and muscles between the ribs, which work together to power the body's ability to inhale and exhale.

How can TMC help?

- TMC has a formal COVID-19 recovery program, which is focused on addressing the physical, cognitive, and psychosocial needs of residents who are recovering from or experiencing active cases of COVID-19.
- TMC also has a formal Cardiopulmonary program, focused on improving symptoms related to pulmonary conditions, including shortness of breath, inefficient breathing, fatigue, decreased activity tolerance, and decreased breath support for speech and swallowing.
- TMC offers Respiratory Services as a Value-Added service to our customers. TMC offers 3 levels of involvement in Respiratory services.
- TMC Therapists have the opportunity for training patients and caregivers in breathing techniques to improve lung capacity, breath support for speech, swallowing, and activities, and endurance/energy conservation during activities.

**If you would like more information about deep breathing techniques, TMC's formal COVID-19 or Cardiopulmonary clinical programs, or TMC's Respiratory Services, please contact your TMC Area Manager or Regional, or contact your TMC Business Development Representative at tmcbusinessdevelopment@therapymgmt.com.*