



Isolation Activity of the week: Flower Arranging

Items Needed:

- Flowers (Fresh and/or artificial)
 - Local grocers are open but may not be selling as many flowers – check with them for donations
- Cans, vases, flowerpots and/or cups
- Decorations, foam inserts and/or floral tape

Procedure:

- Each day of the week can be a different part of the flower arranging sequence.
 - Monday could be decorate a soup can, bottle or flowerpot.
 - Tuesday residents can do a word search on types of flowers.
 - Wednesday residents may arrange their artificial or fresh flowers.
 - Thursday they can draw the arrangement to hang in the 'gallery'.
 - Friday staff can come in to help water and adore each arrangement.
- Staff can adapt the tasks to meet the needs of each resident's ability.
- If the male residents would like to make an arrangement for someone else, staff can have them wear gloves during activity and deliver the flowers for them.

Idea Credit: Sagely Webinars 3/26/20

COVID-19 Clinical Update: FDA Approves Remdesivir for Treatment

The FDA has approved the first medication used to treat COVID-19 after two clinical trials demonstrated it can be effective in patients with the virus. This medication, called Remdesivir and developed by Gilead Sciences, is a broad spectrum anti-viral that previously demonstrated effectiveness against MERS and SARS, which are coronaviruses similar to COVID-19.

Results of the trials showed that patients who received remdesivir had a 31% faster time to recovery than those who received the placebo. Recovery with the drug averaged 11 days, compared to 15 days for the placebo group. Additionally, those who received the drug had a lower mortality rate (8% compared to 11.6%).

For long term care providers, this information is important to know because early recognition and intervention can lead to improved outcomes for those who become severely ill with the virus. It's also worth noting that in the older adult population atypical presentation of symptoms can include dizziness, falls, confusion, drowsiness and acting "off."

Sources: *Seniors With COVID-19 Show Unusual Symptoms, Doctors Say - Medscape - Apr 27, 2020.*

["Remdesivir, tested at Stanford Medicine, becomes first FDA-authorized COVID-19 treatment"](#)

Week 5: Isolation & Depression

As increasingly stringent measures to keep people apart are put in place to slow the spread of the coronavirus, mental health experts are warning that losing everyday social connections comes with psychological costs. And those costs could go up the longer social distancing measures drag on.

Social distancing can create further isolation, and the current crisis is affecting almost everyone's routines, mass transportation, and some "non-essential" social services. This means that the usual social support and contacts older adults have with others may be diminished.

Even within an institutional setting, the impact of social distancing on our older adults cannot be ignored.

What can we do, and how can TMC help?

- **Know the signs of depression in older people:**
 - Feeling tired or fatigued
 - Changes in sleeping patterns (sleeping more or increased difficulty sleeping)
 - Confusion or attention problems
 - Changes in appetite
 - Mood changes, including increased irritability or restlessness
 - Aches/pains, headaches, cramping, or digestive problems without a clear physical cause
- **Encourage physical activity.** Exercise can release endorphins, which are mood enhancers. TMC Therapists have an abundance of "Fitness at a Distance" resources that can keep residents active, even during quarantine.
- **Encourage activities that interest the resident.** TMC Therapists have many activities and resources for seniors, including those stage-appropriate for individuals with Dementia.
- **TMC Speech and Occupational Therapists may incorporate letter writing, using the telephone, setting up video calls, and other communication activities into their plans of care to improve connection with loved ones outside the community.**

For example: *"Patient will increase opportunity for interpersonal interaction / participation in appropriate level preferred activities to impact psychosocial wellbeing or reduce risk of depression/isolation."*
- **Most importantly, simply communicate regularly with the older adults in your life.** You may be their only interaction with the world outside of their own room. Express your support. Let them know you're there for them and that you care. Make sure they know you are grateful they're part of your life.

It's important that we all care for each other during this challenging and uncertain time. By taking a few simple actions, we, as caregivers, can make all the difference in an older person's life when they may need it the most.

**For more information on TMC's Quality Measure-focused clinical programs, or to access TMC's Clinical Resources for your facility/community staff, talk to your TCN and Therapy team, or contact your TMC Business Development representative, or your Area Manager or Regional.*

