



Isolation Activity of the Week: Cocktail Cabana – Hydration Station

Items Needed:

- Hydration rolling cart. Decorated with Beach Décor or beach towels
- Small beach umbrella or patio umbrella attached to cover cart
- Radio or wifi speaker playing “beachy” music (i.e. Beach Boys)
- Non-alcoholic cocktail drinks (see link for recipes)
<https://www.bbcgoodfood.com/howto/guide/top-10-non-alcoholic-drinks>
- Cocktail drink umbrellas or fun straws with clear **disposable** cups
- List of residents with modified liquids

Procedure:

- Each day Staff dress up beach style and play music loudly at designated time while going through halls passing out fun drinks
- Staff can collaborate with SLP team to designate which drinks will be best for those on modified liquids, those needing close supervision while drinking and those that should not have a straw for safe swallowing
- The cart will roll through slowly, so each resident has time to hear the song and dance a little while keeping their distance and following precautions

COVID-19 Clinical Update: COVID-19 and Blood Clots

Emerging data from China and Italy shows that many COVID-19 patients with severe symptoms develop a blood clotting disorder that exacerbates their respiratory distress.

Previous research has shown that during respiratory failure, blood clots often form in the lungs, which prevents blood from reaching air spaces in the lungs where it would normally become oxygenated.

Currently several hospitals in the US are trialing a medication commonly used to treat blood clots called tissue plasminogen activator (tPA). They believe this medication may help patients where a ventilator is not helping, or when no ventilators are available.

Findings from previous trials of the medication were done with patients who had respiratory distress that was so severe, they were not expected to survive. Thirty percent of them DID survive after being treated with tPA.

Trials are being completed under the FDA “compassionate use” program. If the drug appears successful, its use could be further extended.

Source: Massachusetts Institute of Technology: March 25, 2020

Preventing Weight Loss and Dehydration during periods of Isolation or Quarantine

Even before the COVID-19 pandemic, Seniors, especially those in LTC facilities, are at risk for weight loss and dehydration. Unintentional weight loss and dehydration, if not managed properly, can have a negative impact on our residents' health and wellness. The good news is that even though social distancing has changed the way we monitor our residents' intake, we, as the caregivers, have the unique opportunity of making a positive impact on reducing risks of dehydration and weight loss for our residents.

How can TMC help?

- By performing physical activities with the residents. Keeping a person actively involved in daily exercise can enhance their appetite. Your Therapy team has an abundance of resources for keeping residents active, even during times of isolation and quarantine!
- By assessing Cognitive performance and staging/leveling of individuals with Dementia. Individuals with Alzheimer's Disease and other Dementias are at a very high risk for weight loss and dehydration. Using stage-appropriate care approaches can improve intake of food and fluids and reduce the risk of weight loss and dehydration in these individuals.
- By passing trays and assisting with feeding and observation at meals. Your Therapy team is here to help in any way we can. Many times, our plans of care include goals that focus on swallowing and self-feeding skills. We are more than happy to spend mealtimes with these individuals, allowing nursing staff to spend time with other residents.
- By being involved in passing out snacks and manning hydration stations. We are all in this together, and this is just another way that TMC's Therapy teams can help!

**To learn more about how Therapy can help, with reducing the risks of weight loss and dehydration, or to receive CPI's handout on "How to Reduce Weight Loss Associated with Alzheimer's Disease", talk to your Therapy Care Navigator (TCN), Speech Pathology, or Occupational Therapy staff members, or contact your TMC Business Development representative, or your Area Manager or Regional.*

