



## Isolation Activity of the Week: The Travelling DJ

**Items Needed:** Rolling Cart, upbeat music CD player with batteries or phone App with Bluetooth speaker and costumes/decor to go with the era of music chosen

**Procedure:** Each day of the week can be a different era or genre of music and staff can go through the halls at the chosen time playing the music for residents to sing-a-long to and promote seated or in bed dancing. Staff can decorate the cart and wear clothing to represent the era to make the residents smile and remember better days. 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.

**Examples:** Monday Motown - Cart is decorated with metallic gold material and staff wear 70s clothes; Thursday Hoe Down - cart is decorated with barnyard décor and staff wear country clothes and play country music

*Idea Credit: Sagely Webinars 3/26/20*

## COVID-19 Clinical Update:

Findings from hospitals in China found that symptoms typically followed a similar progression.

- Day 1: Symptoms start off mild. Patients may experience a fever, dry cough, or occasional shortness of breath. Some may also feel fatigue and muscle pain. A minority may have had diarrhea or nausea one or two days before this.
- Day 5 – In severe cases, symptoms could start to worsen. Patients may have difficulty breathing, especially if they are older or have a preexisting health condition.
- Day 10: If patients have worsening symptoms, this is the time in the disease's progression when they're likely to be admitted to the ICU. These patients probably have more abdominal pain and appetite loss than patients with milder cases. The virus' fatality rate is hovering at about 4%.
- Day 17: On average, people in Wuhan who recovered from the virus were discharged from the hospital after 2 1/2 weeks.

*Source:* Journal of American Medicine: Clinical Characteristics of 138 Hospitalized Patients With 2019 Novel Coronavirus-Infected Pneumonia in Wuhan, China

## Hospitalizations in Your Community

Due to the rapid progression of COVID-19 symptoms, especially in the geriatric population, many residents will require hospitalization to meet their medical needs. **But what about those residents who DON'T have Coronavirus, but are experiencing medical emergencies or chronic condition exacerbation?** Sending our non-COVID-19 residents to the hospital may put them at a higher risk of contracting the Coronavirus or other illnesses.

### How can TMC help?

- By providing education for both nursing staff and patients regarding early signs and symptoms of condition exacerbation and prevention of further functional decline
- By providing both skilled and non-skilled intervention (through TMC's Restorative Nursing Program) to keep residents mobile and active, despite isolation and quarantine, to decrease the risk of accident, injury, or functional decline.
- Respiratory Therapy and PT/OT/SLP intervention through TMC's Respiratory Services Program (where applicable) to prevent declines and exacerbations related to respiratory and pulmonary-related diseases and conditions
- TMC's SAFE Passage Program, which includes condition-Specific intervention pathways, focused on prevention of condition exacerbation and unnecessary rehospitalization for these conditions.

*\* For more information regarding TMC's SAFE Passages Program, Restorative Nursing Program, or Respiratory Services Program, please contact your TMC Business Development representative, or your Area Manager or Regional.*

Please contact [clinicalexcellence@therapymgmt.com](mailto:clinicalexcellence@therapymgmt.com) with questions or ideas.

