

# South Central Long-Term Care RISE

*Resiliency, Infrastructure, Support & Empowerment*

## Office Hours

November 3, 2023

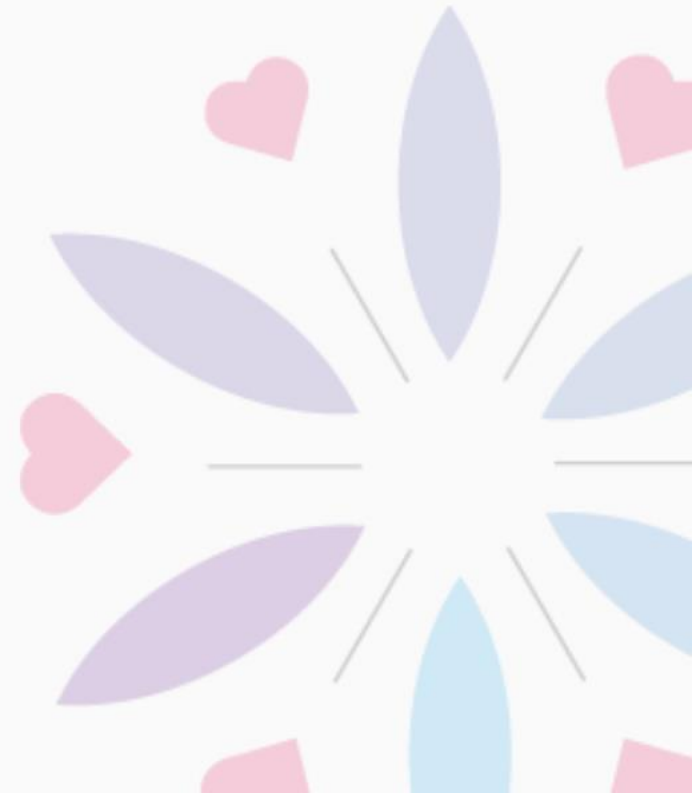


**LONG TERM  
CARE** RESOURCE  
COLLABORATIVE

SOUTH CENTRAL  
**LTC RISE**



**PennState**  
College of Medicine



# AGENDA

- COVID-19 Data
- County hospitalization rate and outbreak policies
- Prepare for influenza and RSV infections
- Reminders & Opportunities
  - Vizient SCOR survey
  - Messiah University
  - STARR program
  - Fast Form
  - ECHO



# SITUATIONAL AWARENESS

## SOUTH CENTRAL REGION

LTC RISE Counties with Outbreaks						
	Outbreaks	Percent of Facilities in County with Outbreak	PCH	SNF	Total in County	Outbreaks Previous Week
Bedford	0	0%	3	2	5	0
Blair	4	15%	16	10	26	5
Mifflin	1	20%	2	3	5	2
Huntingdon	2	40%	2	3	5	1
Fulton	1	50%	1	1	2	1
Juniata	0	0%	5	3	8	0
Perry	0	0%	1	3	4	0
Cumberland	5	12%	24	17	41	5
Franklin	5	17%	20	9	29	4
Adams	1	6%	11	6	17	1
Dauphin	1	3%	22	9	31	0
York	1	2%	30	16	46	1
Lebanon	4	13%	19	11	30	3
Total	25	10%	156	93	249	23
Total Facilities (PCH and SNF)				249		

SOUTH CENTRAL REGION- COUNTY COVID NEW HOSPITAL  
ADMISSION RATES ON 11/02/23: CDC DATA TRACKER

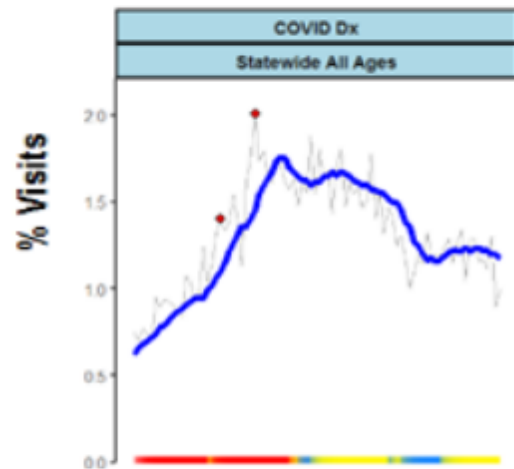
COUNTY	NEW HOSPITAL ADMISSIONS PAST WEEK	RATE PER 100,000 POPULATION
ADAMS	27	3.3
BEDFORD	35	9.4
BLAIR	35	9.4
CUMBERLAND	55	7.6
DAUPHIN	55	7.6
FRANKLIN	16	5.0
FULTON	16	5.0
HUNTINGDON	0	0.0
JUNIATA	0	0.0
LEBANON	55	7.6
MIFFLIN	0	0.0
PERRY	55	7.6
YORK	27	3.3

*Last Updated 11/02/2023*

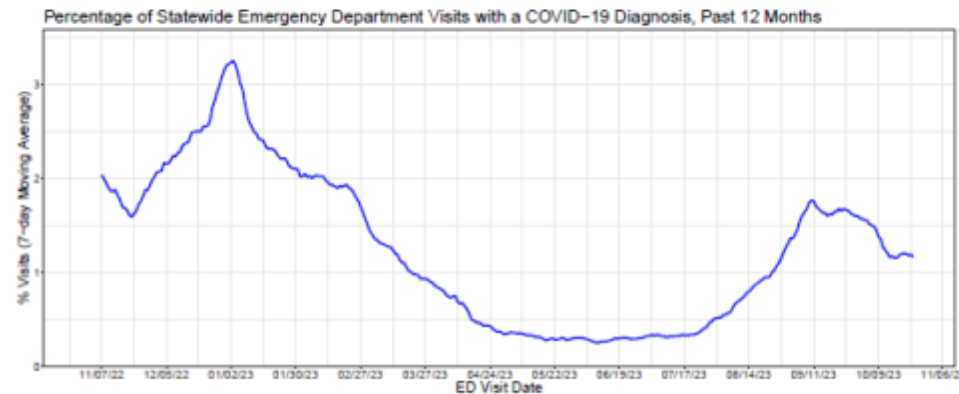
# Covid-19 Syndromic Data

The syndromic system captures ED visit data from all PA hospitals.

The % of visits with COVID diagnoses is similar to last week in most age categories

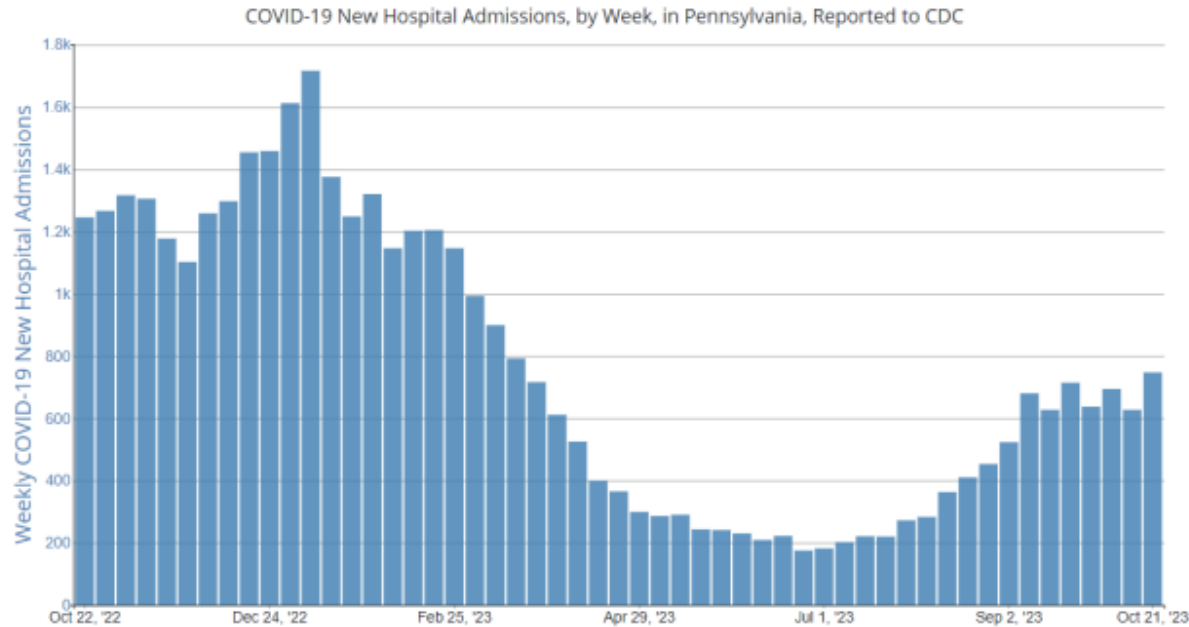


3-month trends (through 10/31/2023) in the % of ED visits that had a diagnosis code for COVID-19 infection



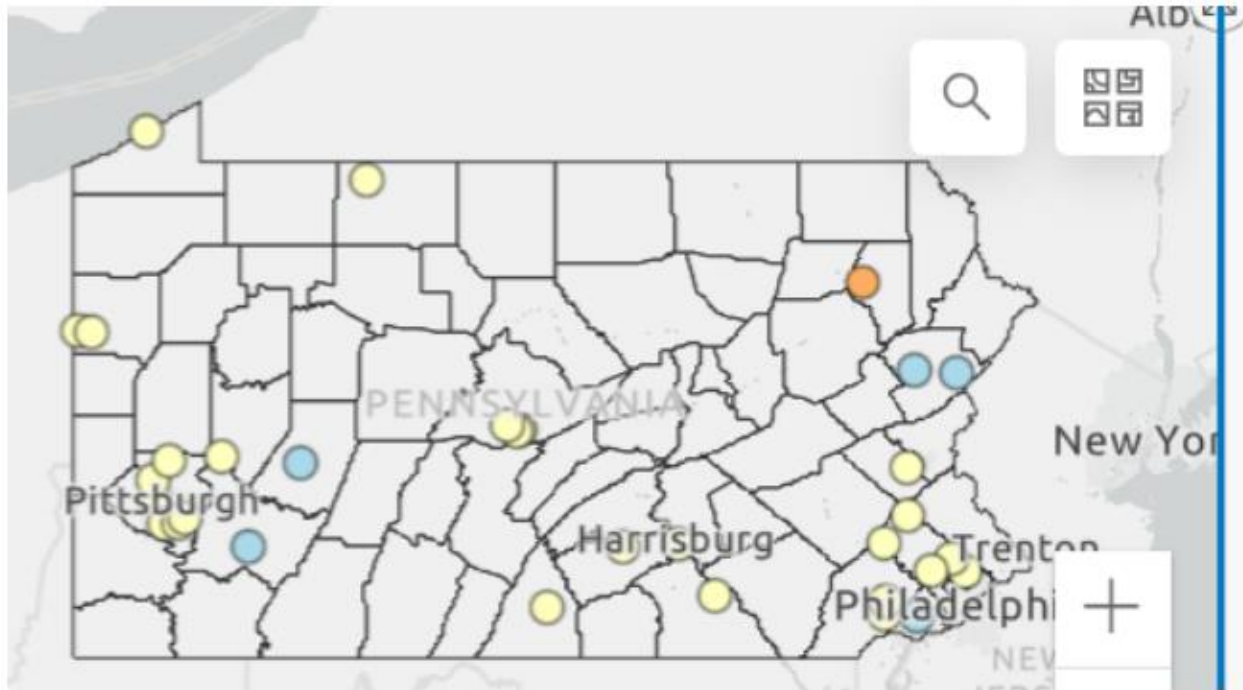
COVID-19 Statewide levels are still lower than they were at this time last year

# COVID- 19 Hospitalization by PA region



Indicates that new admissions statewide have stabilized, with minor fluctuations.

# Wastewater Surveillance



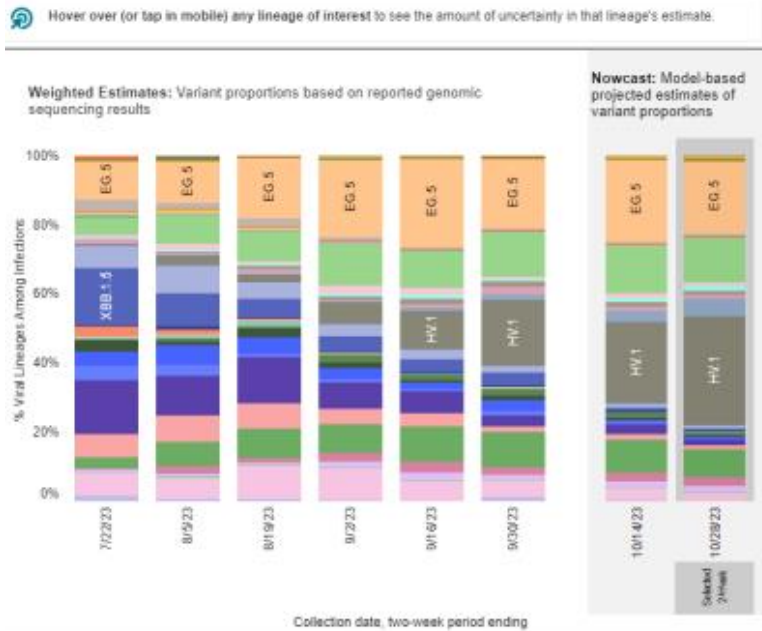
## 15-Day Trend

- Large Increase
- Increase
- No Change
- Decrease
- Large Decrease
- Insufficient Data

Similar to last week- most regions “no change”

# Covid-19 Variants

Weighted Estimates in HHS Region 3 for 2-Week Periods in 7/9/2023 – 10/28/2023



Nowcast Estimates in HHS Region 3 for 10/15/2023 – 10/28/2023

Region 3 - Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia

WHO label	Lineage #	% Total	95%PI
Omicron	HV.1	31.3%	27.9-34.8%
	EG.5	21.1%	19.3-23.1%
	FL.1.5.1	13.1%	11.4-15.0%
	XBB.1.16.6	8.2%	7.1-9.6%
	HK.3	5.3%	3.6-7.6%
	XBB.2.3	2.6%	1.8-3.6%
	XBB.1.16.11	2.4%	1.8-3.0%
	XBB.1.16	1.7%	1.5-2.1%
	XBB.1.16.15	1.7%	1.1-2.5%
	GK.1.1	1.4%	0.9-2.2%
	XBB.1.5.70	1.3%	0.8-2.0%
	HF.1	1.1%	0.8-1.7%
	XBB.1.16.1	1.1%	0.9-1.4%
	GE.1	1.1%	0.6-1.9%
	GK.2	1.1%	0.7-1.7%
	XBB	1.0%	0.6-1.6%
	BA.2	0.8%	0.4-1.7%
	CH.1.1	0.8%	0.4-1.6%
	EG.6.1	0.6%	0.4-1.0%
	XBB.1.5	0.5%	0.4-0.5%
	XBB.1.9.1	0.4%	0.4-0.6%
	XBB.1.5.72	0.4%	0.3-0.5%
	XBB.1.9.2	0.2%	0.2-0.4%
	XBB.1.5.68	0.2%	0.1-0.3%
	XBB.2.3.6	0.2%	0.1-0.3%
	XBB.1.5.10	0.1%	0.1-0.2%
	XBB.1.42.2	0.1%	0.0-0.2%
	FD.1.1	0.1%	0.0-0.1%
	XBB.1.5.59	0.0%	0.0-0.1%
	FE.1.1	0.0%	0.0-0.0%
	EU.1.1	0.0%	0.0-0.0%
	B.1.1.525	0.0%	0.0-0.0%
	XBB.1.5.1	0.0%	0.0-0.0%
	BQ.1	0.0%	0.0-0.0%
Other	Other*	0.0%	0.0-0.1%

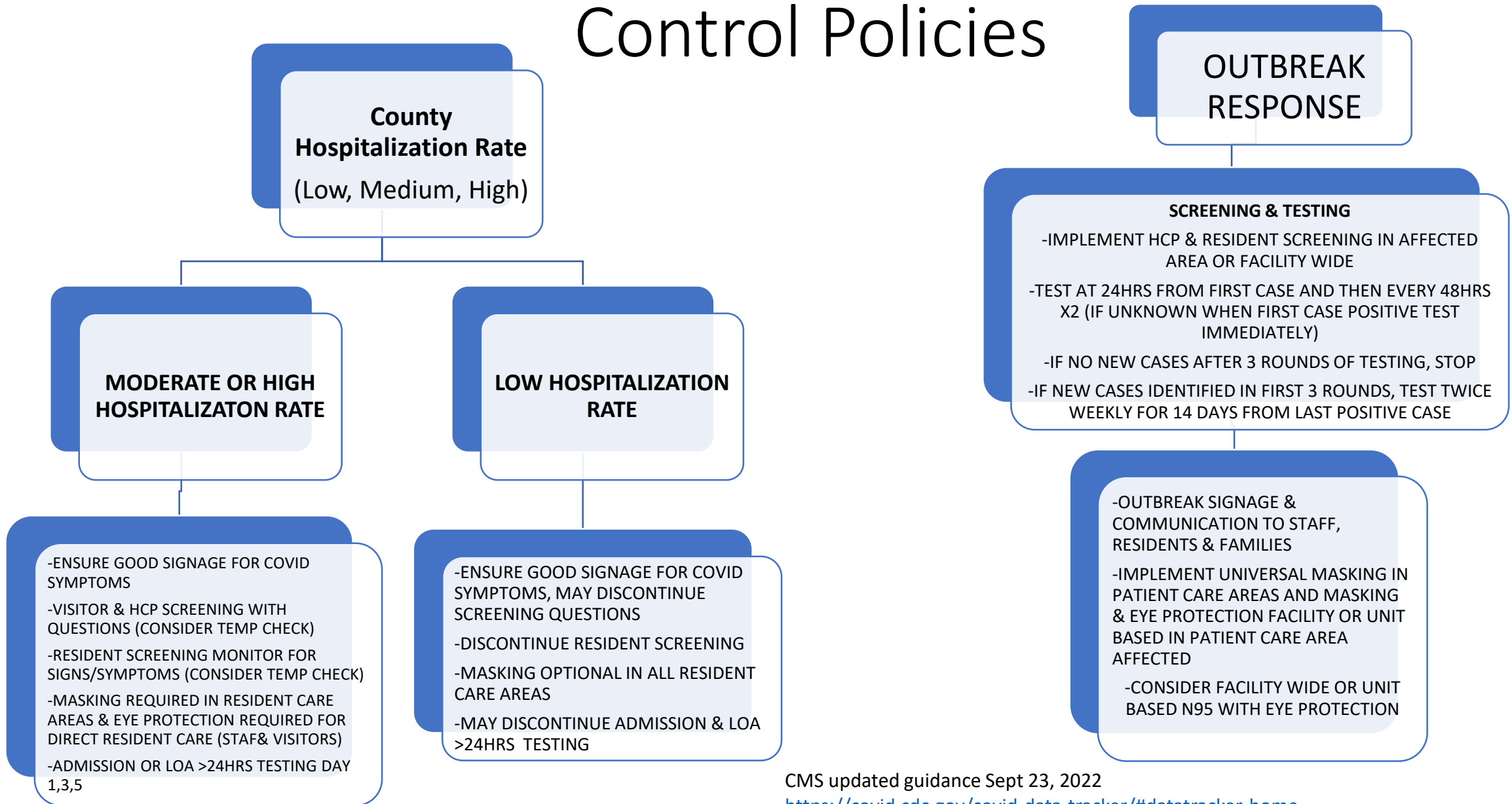
EG.5 is the most prevalent subvariant, and HV.1 is increasing the fastest. The HV.1 subvariant is projected to quickly out-compete EG.1. HV.1 and EG.1 are very similar subvariants of XBB, and the updated COVID vaccine is expected to be reasonably effective against both of these variants.

\* Omicron lineages are "Other" and lineages occurring above 1% nationally in at least one 2-week period. "Other" represents the aggregation of lineages which are occurring <1% nationally during an 8-week period. BA.1, BA.2 and their sublineages (except BA.1.1 and its sublineages) are aggregated with B.1.1.529. Except BA.2.12.1, BA.2.75, XBB and their sublineages. BA.2 sublineages are aggregated with BA.2. Except BA.2.75.2, CH.1.1 and BN.1. BA.2.75 sublineages are aggregated with BA.2.75. Except BA.4.6, sublineages of BA.4 are aggregated to BA.4. Except BF.7, BF.11, BA.5.2.6, BQ.1 and BQ.1.1, sublineages of BA.5 are aggregated to BA.5. Except the lineages shown and their sublineages, sublineages of XBB are aggregated to XBB. Except XBB.1.5.1, XBB.1.5.10, PD.2, EU.1.1, XBB.1.5.65 and XBB.1.5.70 sublineages of XBB.1.5 are aggregated to XBB.1.5. Except PL.1.5.1, sublineages of XBB.1.5.1 are aggregated to XBB.1.5.1. Except XBB.1.16.1, XBB.1.16.11, XBB.1.16.15 sublineages of XBB.1.16 are aggregated to XBB.1.16. sublineages of XBB.1.42.2 are aggregated to XBB. For all the other lineages listed, their sublineages are aggregated to the listed parental lineages respectively. Previously, FL.1.3.1, GE.1, EG.5.1 and HV.1; PD.1.1, XBB.2.3.3, HF.1, GK.2, GK.1.1, HK.3 was aggregated to XBB.1.9.1, XBB.2.3.10, XBB.1.9.2, XBB.1.5.16, XBB.2.3, XBB.1.16.11, XBB.1.5.70 and XBB.1.9.2.5.1.1 respectively. Lineages BA.2.75.2, XBB.1.5, XBB.1.5.1, XBB.1.5.16, PD.3, XBB.1.6.1, XBB.1.6.2, XBB.1.16, XBB.1.16.1, XBB.2.3, BN.1, BA.4.6, BF.7, BF.11, BA.5.2.9, BQ.1.1, EU.1.1, XBB.1.5.65, FE.1.1, EG.5, XBB.1.5.72, FL.1.5.1, GE.1, BQ.1, XBB.1.16.11, PD.1.1, XBB.1.5.70, XBB.2.3.3, HV.1, XBB.1.42.2, GK.2, HF.1, XBB.1.16.15, GK.1.1 and HK.3 contain the spike substitution R340T.





# Foundation of Facility COVID-19 Infection Control Policies



CMS updated guidance Sept 23, 2022

<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

# RSV

- Transmitted primarily through contact although can be transmitted through droplets
- Infectious period 3-8 days (duration of precautions should be for duration of illness, ie, fever free for >24hrs and significant improvement or resolution in symptoms)
- Standard and contact precautions
- Return to work once fever free >24hrs, significant improvement/resolution of symptoms-no specific duration advised but would base upon known duration of infectious period/symptoms



**STOP CONTACT PRECAUTIONS STOP**

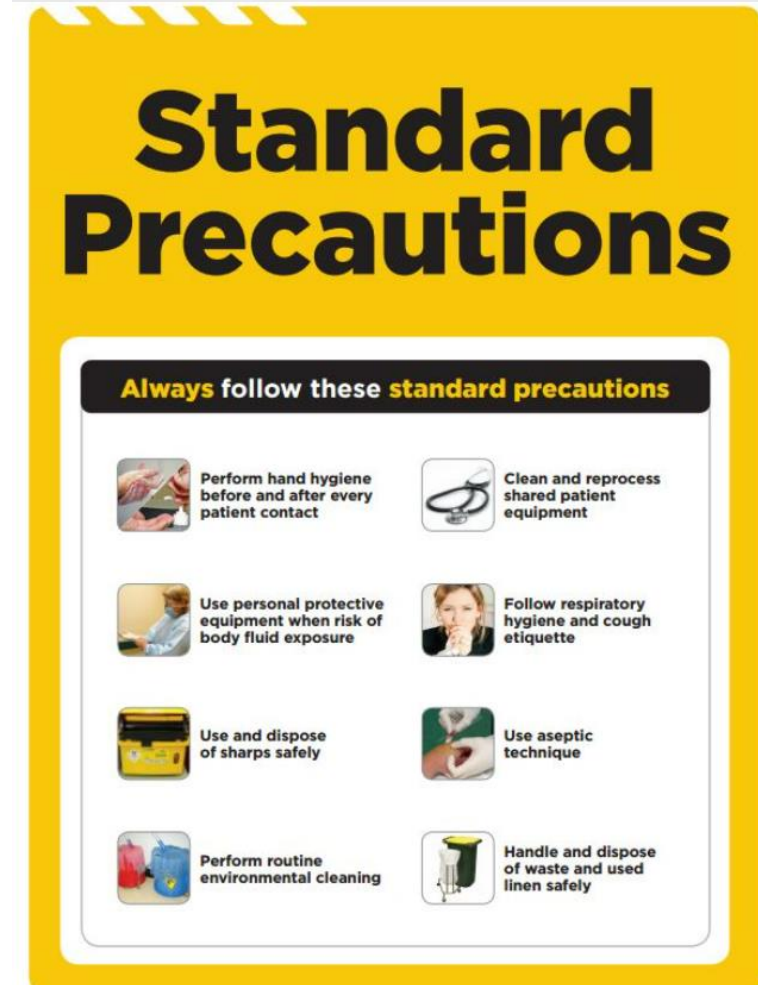
**EVERYONE MUST:**

-  Clean their hands, including before entering and when leaving the room.

**PROVIDERS AND STAFF MUST ALSO:**









-  Put on gloves before room entry. Discard gloves before room exit.
-  Put on gown before room entry. Discard gown before room exit.
- Do not wear the same gown and gloves for the care of more than one person.**
-  Use dedicated or disposable equipment. Clean and disinfect reusable equipment before use on another person.

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



## Standard Precautions

**Always follow these standard precautions**

-  Perform hand hygiene before and after every patient contact
-  Clean and reprocess shared patient equipment
-  Use personal protective equipment when risk of body fluid exposure
-  Follow respiratory hygiene and cough etiquette
-  Use and dispose of sharps safely
-  Use aseptic technique
-  Perform routine environmental cleaning
-  Handle and dispose of waste and used linen safely

# INFLUENZA (SEASONAL FLU)

- Transmission through respiratory droplet
- Duration of precautions for 7 days or once fever free for 24hrs, whichever is longer
- Standard and droplet precautions
- Return to work: per CDC 4-5 days after symptom onset or fever free for at least 24 hours, whichever is longer

**STOP DROPLET PRECAUTIONS STOP**

**EVERYONE MUST:**  
Clean their hands, including before entering and when leaving the room.

Make sure their eyes, nose and mouth are fully covered before room entry.

Remove face protection before room exit.

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U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## Standard Precautions

**Always follow these standard precautions**

Perform hand hygiene before and after every patient contact	Clean and reprocess shared patient equipment
Use personal protective equipment when risk of body fluid exposure	Follow respiratory hygiene and cough etiquette
Use and dispose of sharps safely	Use aseptic technique
Perform routine environmental cleaning	Handle and dispose of waste and used linen safely

# CDC Viral Respiratory Pathogens Toolkit for Nursing Homes

- <https://www.cdc.gov/longtermcare/prevention/viral-respiratory-toolkit.html>

The Bridge Center at Messiah University is hosting 8 **free** educational courses for entry and mid-level Long-Term Care Leaders called **Leading Spirituality and Wellness in Long-Term Care.**

*Courses can be completed as standalone events; or participants can earn a Certificate of Completion if they complete the “4 Core Courses” and 2 of the Elective Courses.*

**Did you miss the first Core Course needed to earn the Certificate of Completion? Don't worry. That Core Course will be offered again in spring 2024.**



**THE BRIDGE CENTER  
FOR CONTINUING EDUCATION**

[For information on this course or to register, click here or scan QR code!](#)

For more details on the course series, go to [www.messiah.edu/bridgecenter](http://www.messiah.edu/bridgecenter)



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**3rd COURSE – December 7 at 1:00 p.m.**  
**Interfaith Dialogue for LTC Leaders**

According to the Public Religion Research Institute (PRRI), most Americans encounter religious diversity at work far more frequently than in other aspects of life. Leaders need to build capacity to work effectively with people who hold views different from their own. Navigating religious diversity is critical to the work of diversity, equity, and inclusion yet it is an often-neglected dimension of that work. This course will focus on developing the capacity of interfaith leadership in the workplace.

Registration is free! Courses can be taken as a series or stand-alone events.



THE BRIDGE CENTER  
FOR CONTINUING EDUCATION

[For information on this course](#)  
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# The Return of the STARR Ladder Program!

The South Central LTC RISE Team is excited to be re-launching our STARR Ladder Program in the coming weeks!

3 Tracks:

- Dementia Care Track
- Infection Prevention Track
- QAPI Track – NEW!!

Provide select staff with an opportunity to become facility champions through participation in the STARR ladder program with goal to have facility recognition through assignment of a new role/title. Eligible staff include medication technicians, certified nursing assistants, maintenance staff, administrative staff and nurses.

3 STARR Phases:

- Online Component geared toward your chosen track (self-paced)
- In-Person workshop and training with subject matter experts for STARR Participants
- In-Person training with STARR Participants as leaders

Questions? Email us! [RISEteam@pennstatehealth.psu.edu](mailto:RISEteam@pennstatehealth.psu.edu)



[Register Here!](#)

# Peer-2-Peer Network (P2P Net)

## Facilitated by Medical Reserve Corps

As part of the Penn State LTC RISE program, the South Central PA Medical Reserve Corps is offering free training in-house at your facility. MRC can come on weekdays and weekends to complete this important program for your leadership and staffing teams. Each session lasts for about an hour and can be taught several times a day to capture all shifts. **Training is offered on a first come, first served basis.**

Psychological First Aid (PFA) is an evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis. PFA addresses basic needs and reduces psychological distress by providing a caring comforting presence, and education on common stress reactions. It empowers the individual by supporting strengths and encouraging existing coping skills and also provides connections to natural support networks.

Follow this link to find a time between now and March 2024. <https://calendly.com/scpamrc/psychological-first-aid> (Weekends upon request)

Other questions? Contact Kim Lee Kenawell, MSFS, AWMA<sup>®</sup>, CDFA<sup>®</sup>, CRPC<sup>®</sup>  
[kkenawell@ehsf.org](mailto:kkenawell@ehsf.org) or 717-319-5110





# Long-Term Care RISE ECHO

This virtual series seeks to empower facility administration and staff to improve health outcomes for residents facing challenges related to age-friendly care.

Join us **November 9th, 2023** for our next session:

**“Strategy For Helping With Dementia Related Behaviors”**

Register below!

<https://redcap.link/LTCRISE23-24>



**PennState**  
College of Medicine





In less than 10 minutes, complete the  
LTC RISE *FAST Form*  
The *Facility Access Survey Tool*



*Created by your Long-Term Care RISE partners in the South Central PA region, this tool will help us gather information from multiple points-of-contact at your facility in order to quickly share resources, training, incentives and MORE to you for easy connections!*

**[Click here to complete the form today!](#)**