



Public Health
England

Protecting and improving the nation's health

Weekly Care Homes Evidence Digest

Prevention and control of COVID-19 in home care/care homes settings

30th July 2021

Summary

This weekly digest contains a selection of evidence published in the last 7 days, in relation to the prevention and control of COVID-19 in home care/care home settings. We search a number of Covid-19 review repositories, an existing PHE Covid-19 evidence digest, Ovid Medline and Embase, Social Care Online, medRxiv (pre-print server) and various websites. We select peer reviewed and non-peer reviewed publications (pre-prints), as well as systematic reviews, guidance and evidence summaries.

The digest is produced by PHE **Knowledge and Library Services** (KLS), in conjunction with a small editorial team.

We do not accept responsibility for the availability, reliability or content of the items included in this resource and do not necessarily endorse the views expressed within them. Our intent is to highlight early emerging research findings as well as research that has been subject to peer review and wider scrutiny.

This week's digest includes: from China, value of an exercise programme in improving physical and mental health in nursing home residents; from USA, benefit of an interactive educational programme in improving resilience among nursing home staff during the Covid-19 pandemic; and from the International Long-term Care Policy Network, a webinar reviewing the international experience of long term care systems in responding to the pandemic.

From the UK, evidence of the resilience of some older people during the Covid-19 pandemic; an overview on key issues for the adult social care sector during the pandemic, relevant government policy and official guidance; and a rapid review by the National Engineering Policy Centre of actions to improve environmental resilience to Covid-19 and other infections in public and commercial buildings (<https://www.raeng.org.uk/publications/reports/infection-resilient-environments#:~:text=By%20delivering%20infection%20resilient%20environments,health%20during%20and%20beyond%20the>). Finally, summaries of other recently published reports, guidance and statistics.

An ongoing series of PHE rapid reviews on a range of Covid-19 related research questions can be also found at <https://phelibrary.koha-ptfs.co.uk/covid19rapidreviews/>.

Peer-Reviewed Articles

Publication date	Title / URL	Journal / Article type	Digest
21.07.2021	Otago exercise programme for physical function and mental health among older adults with cognitive frailty during COVID-19: A randomised controlled trial	Journal of Clinical Nursing /Study	<ul style="list-style-type: none"> • This study was conducted from July 2020 to October 2020 among 62 elderly people with cognitive frailty from a nursing home. Participants were randomly divided into an OEP group (n = 31) or a control group (n = 31). Both groups received sleep- and diet-related health education. The OEP group also received a 12-week group exercise programme. • The study found that OEP group has significant improvement on lower extremity strength, balance and functional mobility, and mental health for elderly with cognitive frailty.
23.07.2021	Assessing the impact of COVID-19 on healthcare staff at a combined elderly care and specialist palliative care facility: A cross-sectional study	Palliative Medicine / Study	<ul style="list-style-type: none"> • The aim of this study is to describe and characterise the magnitude and variety of ways in which the COVID-19 pandemic affected the personal, social and professional lives of healthcare workers representing several multidisciplinary specialties in a fully-integrated palliative and elderly care service. • Authors conclude: This study demonstrates the profound impact of COVID-19 on personal and professional wellbeing of staff. The greatest burden was carried by those providing prolonged, direct and intimate patient care.
26.07.2021	A qualitative study about the mental health and wellbeing of older adults in the UK during the COVID-19 pandemic	BMC Geriatrics / Study	<ul style="list-style-type: none"> • This study used reflexive thematic analysis to analyse transcripts of semi-structured telephone or video interviews with 20 adults aged over 70. • Participants described potential threats to their wellbeing during the pandemic and activities and behaviours that helped to protect their mental health • Authors discuss that the study provides UK-based evidence that while some older adults experienced challenges during the first wave of COVID-19, many were resilient throughout social distancing restrictions despite early reported concerns of mental health consequences among the older adult population.

26.07.2021	Building community and resilience in Massachusetts nursing homes during the COVID-19 pandemic	Journal of the American Geriatrics Society / Study	<ul style="list-style-type: none"> To support nursing homes in evidence-based infection control practices, the Massachusetts Senior Care Association and Hebrew SeniorLife partnered with the Agency for Healthcare Research and Quality AHRQ ECHO National Nursing Home COVID-19 Action Network (the Network). This educational program provided 16 weeks of free weekly virtual sessions to 295 eligible nursing homes, grouped into 9 cohorts of 30-33 nursing homes. The interactive sessions provided timely updates on COVID-19 infection control best practices to improve care and also created a peer-to-peer learning community to share ongoing challenges and potential solutions.
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Reports and other publications

Publication date	Title / URL	Author(s)	Digest
26.07.2021	Video and slides for the webinar: COVID-19 and long-term care systems: perspectives from France, Italy and Portugal, and an overview of OECD responses	International Long-Term Care Policy Network	<ul style="list-style-type: none"> This webinar, held on 19th July 2021, reviewed the COVID-19 pandemic experiences of the Long-Term Care systems in France, Italy and Portugal, as well as an international overview from the Organisation for Economic Co-operation and Development (OECD).
23.07.2021	Coronavirus: Adult social care key issues and sources	David Foster & Rachel Harker	<ul style="list-style-type: none"> This research briefing provides an overview of key issues facing the adult social care sector during the coronavirus (Covid-19) outbreak, and provides links to some of the key official guidance for the sector. Section one of the briefing provides a high-level overview of policy in relation to adult social care since the start of the coronavirus outbreak in early 2020, including the development of key UK Government guidance.

			<ul style="list-style-type: none"> • The remaining sections provide more detailed information on some key issues that have arisen during the course of the pandemic, including: <ul style="list-style-type: none"> ○ Statistics on deaths in care homes ○ Funding for adult social care, including the financial pressures on social care providers ○ Testing for care home staff and residents ○ The discharging of patients from hospitals into care homes ○ Rules relating to visiting care homes during the pandemic ○ The supply of PPE to the adult social care sector ○ The roll-out of the Covid-19 vaccine to the adult social care sector, including the policy of making vaccination compulsory for people working in care homes.
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Guidance

Publication date	Title / URL	Author(s)	Digest
22.07.2021	COVID-19: management of staff and exposed patients and residents in health and social care settings	DHSC	<ul style="list-style-type: none"> • Guidance on the management of staff, patients and residents who have been exposed to COVID-19.
27.07.2021 Updated	Coronavirus (COVID-19) testing for hospices	DHSC	<ul style="list-style-type: none"> • Sets out how hospices can access COVID-19 testing for staff and patients on-site, for staff visiting patients in their own homes, and for visitors to hospices.

Statistics

Publication date	Title / URL	Author(s)	Digest
27.072021	Number of deaths in care homes notified to the Care Quality Commission, England	ONS	<ul style="list-style-type: none"> Provisional counts of deaths in care homes caused by the coronavirus (COVID-19) by local authority.
27.07.2021	Care home resident deaths registered in England and Wales, provisional	ONS	<ul style="list-style-type: none"> Provisional counts of the number of care home resident deaths registered in England and Wales, by region, including deaths involving coronavirus (COVID-19), in the latest weeks for which data are available.