



Public Health
England

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Weekly Care Homes Evidence Digest

Prevention and control of COVID-19 in home care/care homes settings
4th February 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: collated research from Special Editions of two international journals; *The Gerontologist* and *Journals of Gerontology-Series B*, featuring the wide ranging impacts of COVID-19 on the health of older people. Also a Systematic Review of international evidence of variation in COVID-19 outcomes across for-profit, public, and non-profit care homes for older people; and from the USA, insights into age –specific immune correlates of COVID-19 severity from longitudinal analyses. From the UK, evidence from a cohort study of the protective effect of immunity from previous infection with SARS-CoV-2 in reducing subsequent risk of infection in healthcare workers. Finally, summaries of other recently published reports, guidance and statistics.

Peer-Reviewed Articles

Publication date	Title / URL	Journal / Article type	Digest
21.01.2021	Factors associated with survival in older patients affected by COVID-19: A retrospective cohort study	Archives of Gerontology and Geriatrics / study	<ul style="list-style-type: none"> • Advanced age and comorbidities are associated to worst outcome in Covid-19. • Treatment with low molecular weight heparin improves in-hospital survival. • Beta-blockers might have a protective role in Covid-19, however, more insight is needed. • A focused supportive care to prevent thrombotic and arrhythmic complications related to Covid-19 could result in a better clinical course.
25.01.2021	Predictors for development of critical illness amongst older adults with COVID-19: Beyond age to age-associated factors	Archives of Gerontology and Geriatrics / study	<ul style="list-style-type: none"> • In hospitalized older adults with COVID-19, geriatric syndromes are not uncommon. • Frailty and initial acuity are important predictors of COVID-19 disease severity. • CFS and FI are complementary in predicting disease progression in COVID-19. • Patients studied were admitted to the National Centre of Infectious Disease, Singapore.
25.01.2021	The nutritional status of the elderly patient infected with COVID-19: the forgotten risk factor?	Current Medical Research and Opinion / Study	<ul style="list-style-type: none"> • Paper aims to evaluate the nutritional status of patients older than 65 years who were admitted due to COVID-19 and how this has influenced the evolution of patients • Concludes Malnutrition was a risk factor as powerful as others such as hypertension, age, and different comorbidities • Authors reason we must evaluate and treat the nutritional status of elderly patients with COVID-19 infection since it directly affects their evolution
27.01.2021	Housing type is associated with objectively measured changes in movement behavior during the COVID-19 pandemic in older	Archives of Gerontology and Geriatrics / study	<ul style="list-style-type: none"> • The COVID-19 pandemic may have changed the movement behavior of older adults • Housing type was associated with changes in movement behavior during the pandemic

	adults with hypertension: An exploratory study		<ul style="list-style-type: none"> Residing in apartment and row house was associated with unhealthy movement behavior Changes in movement behavior were less evident in those residing in detached house
28.01.2021	Signs, Symptoms, and Comorbidities Associated with Poor Outcomes among Residents of a Skilled Nursing Facility with SARS-CoV-2 Infection—King County, Washington	Journal of the American Medical Directors Association / article	<ul style="list-style-type: none"> Effective halting of outbreaks in Skilled Nursing Facilities (SNFs) depends on the earliest recognition of cases. Confirmed COVID-19 cases were assessed at a SNF impacted by COVID-19 in the United States to identify early indications of COVID-19 infection.
29.01.2021	“Advocating Every Single Day” so as Not to Be Forgotten: Factors Supporting Resiliency in Adult Day Service Centers Amidst COVID-19-Related Closures	Journal of Gerontological Social Work	<ul style="list-style-type: none"> Adult day centres (ADCs) are nonresidential settings that support the health and social needs of vulnerable older adults. Many ADCs have been forced to close during the COVID-19 pandemic. It is unknown how closures have impacted service delivery at ADCs. Guided by the Resiliency Activation Framework, we (a) identified consequences resulting from closures of ADCs during the COVID-19 pandemic and (b) described factors that have enabled the ADC community to remain resilient in the wake of challenges brought on by the pandemic.
30.01.2021	Frailty is associated with in-hospital mortality in older hospitalised COVID-19 patients in the Netherlands: the COVID-OLD study	Age and Aging / study	<ul style="list-style-type: none"> During the first wave of the COVID-19 pandemic older patients had an increased risk of hospitalisation and death. Reports on the association of frailty with poor outcome have been conflicting. The aim of the present study was to investigate the independent association between frailty and in-hospital mortality in older hospitalised COVID-19 patients in the Netherlands.
30.01.2021	Feasibility and Effect of Implementing Physical Activity Program Implementation During COVID-19 in Hospitalized Positive COVID-19 Older Adults	Journal of Nutrition Health and Aging / article	<ul style="list-style-type: none"> Of the patients hospitalized with severe respiratory failure age has been found to be a risk factor Functional and muscle strength declines with hospitalization Reduced social interactions due to covid-19 also reduce physical rehabilitation opportunities An unsupervised validated physical activity program in a short stay geriatric unit proved effective in counteracting this decline

<p>30.01.2021</p>	<p>More Active Participation in Voluntary Exercise of Older Users of Information and Communicative Technology Even During the COVID-19 Pandemic, Independent of Frailty Status</p>	<p>Journal of Nutrition Health and Aging / article</p>	<ul style="list-style-type: none"> • The aim of this study was to examine whether older users of information and communicative technology (ICT) participate in active behaviours, such as voluntary exercise, to maintain health, even under community containment to suppress the coronavirus disease 2019 (COVID-19) pandemic.
<p>30.01.2021</p>	<p>Hospital-at-home expands hospital capacity during COVID-19 pandemic</p>	<p>Journal of the American Medical Directors Association / article</p>	<ul style="list-style-type: none"> • A COVID-19-specific Hospital-at-Home was implemented in a 400-bed tertiary hospital in Barcelona, Spain. • Senior or immune-compromised physicians oversaw patient care. • The alternative to inpatient care more than doubled beds available for hospitalization and decreased the risk of transmission among patients and healthcare professionals. • Mild cases from either the emergency department or after hospital discharge were deemed suitable for admission to the Hospital-at-Home.
<p>01.02.2021</p>	<p>Clinical Features, Inpatient Trajectories and Frailty in Older Inpatients with COVID-19: A Retrospective Observational Study</p>	<p>Geriatrics / study</p>	<ul style="list-style-type: none"> • The study describes the clinical features and inpatient trajectories of older adults hospitalized with COVID-19 and explore relationships with frailty.
<p>01.02.2021</p>	<p>Prisons and COVID-19: A Desperate Call for Gerontological Expertise in Correctional Health Care</p>	<p>Gerontologist / study</p>	<ul style="list-style-type: none"> • The large and continued growth of the older adult population within U.S. prisons affects not only criminal justice policy and correctional health practice, but also gerontology. • Amidst the unfolding COVID-19 crisis, associated knowledge and skills surrounding older adulthood will be critical to assuring the needs of older adults incarcerated in prisons are met during their detention, while undergoing off-site intervention in community settings, and when preparing for release.
<p>01.02.2021</p>	<p>The Interpersonal and Psychological Impacts of COVID-19 on Risk for Late-Life Suicide</p>	<p>Gerontologist / study</p>	<ul style="list-style-type: none"> • Older adults experience increased risk for suicide compared to the general population, and the circumstances surrounding the Coronavirus Disease 2019 (COVID-19) may potentiate this risk. • The study discusses how current COVID-19 pandemic-related policies are likely to harm older adults disproportionately.
<p>01.02.2021</p>	<p>Changes in Subjective Age During COVID-19</p>	<p>Gerontologist / study</p>	<ul style="list-style-type: none"> • To examine the change in subjective age with the emergence of coronavirus disease 2019 (COVID-19). Two competing hypotheses were tested: (a) people felt increasingly older due to the stress

			generated by the pandemic and (b) people felt increasingly younger due to psychological distancing from older age, a vulnerability to COVID-19.
01.02.2021	Age Moderates Perceived COVID-19 Disruption on Well-Being	Gerontologist / study	<ul style="list-style-type: none"> The study examined the Coronavirus Disease 2019 (COVID-19) disruption on well-being throughout adulthood.
01.02.2021	Older Adults' Experience of the COVID-19 Pandemic: A Mixed-Methods Analysis of Stresses and Joys	Gerontologist / study	<ul style="list-style-type: none"> The study explores older adults' reports of what about the pandemic is stressful, and what brings joy and comfort in the midst of stress.
01.02.2021	Challenges Experienced by Older People During the Initial Months of the COVID-19 Pandemic	Gerontologist / study	<ul style="list-style-type: none"> The study examined the extent to which older people are adhering to physical distancing mandates and the pandemic-related experiences that older people find most challenging.
01.02.2021	National Profiles of Coronavirus Disease 2019 Mortality Risks by Age Structure and Preexisting Health Condition	Gerontologist / study	<ul style="list-style-type: none"> Although individual age and preexisting health conditions are well-documented risk factors for coronavirus disease 2019 (COVID-19) mortality, it is unclear whether these 2 factors capture unique dimensions of risk for epidemic severity at the national level. In addition, no studies have examined whether national distributions of these factors are associated with epidemic experiences to date.
01.02.2021	Acute, Post-acute, and Primary Care Utilization in a Home-Based Primary Care Program During COVID-19	Gerontologist / study	<ul style="list-style-type: none"> The purpose of this study was to describe changes in care utilization by homebound AIM patients in an epicentre of the COVID-19 pandemic before and during the pandemic.
01.02.2021	"It's Pure Panic": The Portrayal of Residential Care in American Newspapers During COVID-19	Gerontologist / study	<ul style="list-style-type: none"> This study examines the discursive construction of residential care during the coronavirus disease 2019 (COVID-19) pandemic in 3 leading American newspapers: <i>The New York Times</i>, <i>USA Today</i>, and <i>The New York Post</i>.
01.02.2021	Prioritizing Health Care and Employment Resources During COVID-19: Roles of Benevolent and Hostile Ageism	Gerontologist / study	<ul style="list-style-type: none"> Benevolent and hostile ageism are subtypes of ageism that characterize older adults as incompetent. With benevolent ageism, older adults are also viewed as warm. The coronavirus disease 2019 (COVID-19) pandemic has strained resources and prompted debates about priority for older adults versus other groups.
01.02.2021	Social Isolation and Psychological Distress During the COVID-19	Gerontologist / study	<ul style="list-style-type: none"> The coronavirus disease 2019 (COVID-19) pandemic resulted in social isolation globally, creating heightened levels of stress and anxiety. This

	Pandemic: A Cross-National Analysis		study investigates the link between social isolation and mental well-being in later life, and how it varies across countries.
01.02.2021	Lessons in Resilience: Initial Coping Among Older Adults During the COVID-19 Pandemic	Gerontologist / study	<ul style="list-style-type: none"> This study explores older adults' coping experiences and strategies during the initial weeks of the COVID-19 pandemic.
02.02.2021	Fractures in the Austrian Model of Long-Term Care: What are the Lessons from the First Wave of the COVID-19 Pandemic?	Journal of Long-Term Care	<ul style="list-style-type: none"> This article focuses on Austria's long term care sector and its critical features that became visible during the outbreak of the COVID-19 pandemic.
02.02.2021	What Can We Learn About Psychological Aging By Studying Covid-19?	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> This series of brief research reports focuses on the COVID-19 crisis and its psychological implications for older adults.
02.02.2021	Up and About: Older Adults' Well-being During the COVID-19 Pandemic in a Swedish Longitudinal Study	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> To investigate early effects of the COVID-19 pandemic related to (a) levels of worry, risk perception, and social distancing; (b) longitudinal effects on well-being; and (c) effects of worry, risk perception, and social distancing on well-being.
02.02.2021	"We Are Staying at Home." Association of Self-perceptions of Aging, Personal and Family Resources, and Loneliness With Psychological Distress During the Lock-Down Period of COVID-19	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> Negative self-perceptions of aging, among other personal and relational variables, may be associated with loneliness and distress caused by the pandemic crisis.
02.02.2021	COVID-19 Worries and Behavior Changes in Older and Younger Men and Women	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> Worry is a key motivator of behavioural health changes, occurs less frequently for older than younger adults, and less frequently for men than women. Building on this, it was tested whether older adults—and particularly older men—would report the least amount of COVID-19 worry and also fewer COVID-19 behaviour changes.
02.02.2021	Age Differences in COVID-19 Risk Perceptions and Mental	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> Theories of aging posit that older adult age is associated with less negative emotions, but few studies have examined age differences at times of novel challenges. As COVID-19 spread in the United States,

	Health: Evidence From a National U.S. Survey Conducted in March 2020		this study therefore aimed to examine age differences in risk perceptions, anxiety, and depression.
02.02.2021	The Ups and Downs of Daily Life During COVID-19: Age Differences in Affect, Stress, and Positive Events	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> • Past research has linked older age with greater emotional well-being and decreased reactivity to stressors, but it is unknown whether age-related advantages in emotional well-being are maintained in the wake of COVID-19. • The study examined age differences in exposure and affective reactivity to daily stressors and positive events in the first several weeks of the COVID-19 outbreak.
02.02.2021	Age Differences in Risk and Resilience Factors in COVID-19-Related Stress	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> • Older adults are at higher risk for death and infirmity from COVID-19 than younger and middle-aged adults. The current study examines COVID-19-specific anxiety and proactive coping as potential risk and resilience factors that may be differentially important for younger and older adults in understanding stress experienced due to the COVID-19 pandemic.
02.02.2021	More Vulnerable? The Life Story Approach Highlights Older People's Potential for Strength During the Pandemic	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> • Older adults have repeatedly been referred to as more <i>physically</i> vulnerable during the COVID-19 pandemic. • The pandemic has many <i>psychosocial</i> aspects: people are exposed to myriad life challenges. • The life story approach highlights that older people are likely to have developed resilience through experiencing life challenges and living across history.
02.02.2021	Aging in Times of the COVID-19 Pandemic: Avoiding Ageism and Fostering Intergenerational Solidarity	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> • The COVID-19 pandemic has changed many aspects of the world, including how older persons are treated. • Paper's authors believe that research evidence from the behavioural sciences of aging can help address the pandemic in ways that can benefit the health and well-being of individuals across the life span.
02.02.2021	The Impact of Sheltering in Place During the COVID-19 Pandemic on Older Adults' Social and Mental Well-Being	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> • The study examined whether social isolation due to the COVID-19 shelter-in-place orders was associated with greater loneliness and depression for older adults, and, if so, whether declines in social engagement or relationship strength moderated that relationship.

02.02.2021	COVID-19 as a Stressor: Pandemic Expectations, Perceived Stress, and Negative Affect in Older Adults	Journals of Gerontology. Series B / study	<ul style="list-style-type: none"> The association of older adults' expectations concerning the pandemic's duration and impact with perceived stress and negative affect is investigated.
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Preprints

Publication date	Title / URL	Journal / Article type	Digest
15.01.2021	Do antibody positive healthcare workers have lower SARS-CoV-2 infection rates than antibody negative healthcare workers? Large multi-centre prospective cohort study (the SIREN study), England: June to November 2020	MedRxiv / Study	<ul style="list-style-type: none"> Cohort study seeks to better understand whether individuals who have recovered from COVID-19 are protected from future SARS-CoV-2 infection Findings indicate that prior history of SARS-CoV-2 infection was associated with an 83% lower risk of infection, with median protective effect observed five months following primary infection
29.01.2021	Ownership and COVID-19 in care homes for older people: A living systematic review of outbreaks, infections, and mortalities	MedRxiv / Systematic Review	<ul style="list-style-type: none"> Systematic Review aiming to identify evidence base for variation in COVID-19 outcomes (outbreaks, infections, deaths, shortage of personal protective equipment (PPE) and staff) across for-profit, public, and non-profit care homes for older people For-profit ownership was not consistently associated with a higher probability of COVID-19 outbreaks across included studies but there was evidence of worse COVID-19 outcomes following an outbreak. Additionally found for-profit care homes having higher rates of accumulative infections and deaths and association with shortages in PPE, which may have contributed to the higher incidence of infections and deaths.

30.01.2021	Longitudinal analyses reveal age-specific immune correlates of COVID-19 severity	MedRxiv / Study	<ul style="list-style-type: none"> • Study aimed to capture longitudinal immune response to SARS-CoV-2 infection in a cohort of young and aged patients with varying disease severity • Hallmarks of a cytokine storm were evident in both groups, older individuals exhibited elevated levels of chemokines that mobilize inflammatory myeloid cells, notably in those who succumbed to disease
03.02.2021	Muscle strength is associated with COVID-19 hospitalization in adults 50 years of age and older	MedRxiv / Study	<ul style="list-style-type: none"> • Study to investigate the independent association between muscle strength and COVID-19 hospitalization • Results showed higher grip strength was associated with a lower risk of COVID-19 hospitalization, and also showed that age and obesity were associated with higher risk of COVID-19 hospitalization

Guidance

Publication date	Title / URL	Author(s)	Digest
Updated 29.01.2021	Coronavirus (COVID-19): admission and care of people in care homes	DHSC; PHE; CQC	<ul style="list-style-type: none"> • Updated guidance on how to protect care home residents and staff during the coronavirus outbreak.
Updated 03.02.2021	COVID-19: vaccination programme guidance for healthcare practitioners	Public Health England	<ul style="list-style-type: none"> • Intended for healthcare staff involved in delivering the COVID-19 vaccination programme, this document includes detailed information on: programme background; vaccines (as they become available); vaccine recommendations and eligibility; contraindications and precautions; and vaccine administration issues

Statistics

Publication date	Title / URL	Author(s)	Digest
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02.02.2021	Notifications to Care Inspectorate Wales related to COVID-19 in adult care homes: 1 March to 29 January 2021	Welsh Government	<ul style="list-style-type: none"> • Notifications related to COVID-19 in adult care homes during the coronavirus pandemic for 1 March 2020 to 29 January 2021.
02.02.2021	Number of deaths in care homes notified to the Care Quality Commission, England	Office for National Statistics, Care Quality Commission	<ul style="list-style-type: none"> • Provisional counts of deaths in care homes caused by the coronavirus (COVID-19) by local authority.
03.02.2021	Coronavirus (COVID-19): adult care homes - additional data	Scottish Government	<ul style="list-style-type: none"> • Weekly data on COVID-19 in adult care homes in Scotland.

Editorials and News

Publication date	Title / URL	Author(s)	Digest
27.01.2021	SARS-CoV-2 Emergency and Long-Term Cognitive Impairment in Older People	Rizzo, M.R. et al	<ul style="list-style-type: none"> • Editorial notes COVID-19 is global, but the complexity of -CoV2 infection is still under study, and in particular data on potential long-term damages generally and on long-term cognitive functions impairment of older COVID-19 survivors have not yet been investigated. • Argues an early clinical and instrumental cognitive assessment can help prevent and slow down this possible complication or at least improve the quality of life for older people surviving COVID-19 infection.