



UK Health Security Agency

Weekly Care Homes Evidence Digest

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

7th January 2022

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 UK Health Security Agency (UKHSA) Covid-19 evidence digest (including Covid-19 evidence digests produced by Public Health England prior to October 2021), 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 UKHSA [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.

For this first week of the New Year 2022 the digest includes; from the USA, an exploration of the association between containment measures during the COVID-19 pandemic and impacts on the mental health of older people; lessons for improving resilience in older people; and a heads up on a forthcoming scoping review of the challenges faced by home care agencies and providers and the changes implemented; from Canada, a heads up on another forthcoming scoping review of promising best practices in long-term care facilities during the COVID-19 pandemic to address social isolation and loneliness; from the Republic of Ireland, a rapid review of the impact of the COVID-19 pandemic on frail older people and lessons learned; and a qualitative study of the lived experience of older people relocating between long-term care facilities.

From the UK, a systematic review of the experience of care home staff during the COVID-19 pandemic and identification of key themes to inform future action.

Finally, summaries of other recently published COVID-19 pandemic reports, guidance and statistics.

An ongoing series of UKHSA rapid reviews on a range of COVID-19 related research questions can be also found at <https://ukhsalibrary.koha-ptfs.co.uk/covid19rapidreviews/>. A wider range of UKHSA information resources on the impact of the COVID-19 pandemic may be found at <https://ukhsalibrary.koha-ptfs.co.uk/coronavirusinformation/>.

Peer-Reviewed Articles

Publication date	Title / URL	Journal / Article type	Digest
30.12.2021	The experiences of care home staff during the COVID-19 pandemic: A systematic review	Aging & Mental Health / Study	<ul style="list-style-type: none"> Results of the study include: Quantitatively there was evidence of anxiety, PTSD and depression amongst the staff. Qualitatively, seven themes were identified: Poor working conditions; Lack of skills and knowledge; Psychological/Mental health concerns; Feeling undervalued and abandoned; Fears of contagion; Support and the positive impacts of COVID. Authors conclude: It is evident that lessons need to be learned because errors were made. Indeed, from a UK perspective, discharging thousands back to care homes, without testing, cost lives. This may have been done to protect the NHS, but it unwittingly 'lockdown' the virus within the care sector.
30.12.2021	State containment measures, living arrangements, and mental health of U.S. older adults during the COVID-19 pandemic	Aging & Mental Health / Study	<ul style="list-style-type: none"> This study explores the associations between U.S. state containment measures and older adults' mental health and importantly, whether the associations vary by living arrangement and gender. The study analyzed national sample of adults aged 50 or older from 12 waves (April-July 2020) of the U.S. Household Pulse Survey (N = 394,934). State fixed-effects models linked four state containment measures (stay-at-home order, restaurant closure, bar closure, and movie theater closure) to levels of depression and anxiety across different types of living arrangements, net of controls. Stay-at-home order and restaurant and bar closure, but not movie theater closure, were associated with higher levels of depression and anxiety in older adults. Living arrangements moderated the associations for women but not men.
31.12.2021	Being a frail older person at the time of the COVID-19 pandemic	Alzheimer's & Demetia / Study	<ul style="list-style-type: none"> Using a rapid literature review approach, we aimed to identify what it means to be a frail older individual in the COVID pandemic from the perspective of three different settings: community, hospitals, and nursing homes. Four researchers from 4 countries (Ireland, France,

			<p>Germany, and Brazil) reviewed articles from the MEDLINE database and grey literature including public policy briefs from their countries.</p> <ul style="list-style-type: none"> • Authors conclude; Prolonged lifestyle restrictions during the pandemic led to poor health outcomes in frail older individuals, including cognitive decline and dementia. Lessons learned from how frail older individuals are getting through the pandemic provide a unique chance to improve health outcomes, community and health services and how we want to live as ageing societies.
01.01.2022	Pandemic Lessons: Resilience and Hope	Journal of Psychosocial Nursing and Mental Health Services / Study	<ul style="list-style-type: none"> • Residents in long-term care congregate settings were the first among older adults to succumb to the virus due to lack of preparedness and realistic planning at national and local levels. To date, approximately three quarters of all COVID-19 deaths in the United States are in persons aged ≥ 65 years (Centers for Disease Control and Prevention [CDC], 2021). • Older adults who survived the pandemic either in the community or in long-term care became severely affected by the drastic contact restrictions impacting their emotional well-being and overall quality of life. In a series of surveys (N = 647) on the effects of the pandemic on persons with Alzheimer's disease or related dementia (ADRD) and their caregivers, participants reported an overall increase in caregiver stress (e.g., hypervigilance, anger), loneliness, and isolation
01.01.2022	The Lived Experience of Older Adults Transferring Between Long-Term Care Facilities During the COVID-19 Pandemic	Journal of Gerontological Nursing / Study	<ul style="list-style-type: none"> • The current study aims to describe the experiences of residents relocating between LTCFs at the onset of the COVID-19 pandemic. Emphasis was placed on residents' sense of home and how the pandemic and ensuing isolation affected their transition.
03.01.2022	COVID-19 challenges and changes for home care agencies and providers a scoping review protocol	JBI Evidence Synthesis / Study	<ul style="list-style-type: none"> • This scoping review will consider studies that explore the challenges experienced by home care agencies and providers during the COVID-19 pandemic and the changes implemented, or strategies, used to overcome the identified challenges. All geographic locations will be considered for inclusion.

03.01.2022	Promising best practices implemented in long-term care homes during COVID-19 pandemic to address social isolation and loneliness: a scoping review protocol	BMJ Open / Study	<ul style="list-style-type: none"> • This scoping review looks at existing PBPs [promising best practices] that have been implemented to reduce SIL [social isolation and loneliness] among LTCH residents during the most recent pandemics. • Key aspects of such practices revolve around maintaining and strengthening social connections between residents and their families which helps to reduce SIL.
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Guidance

Publication date	Title / URL	Author(s)	Digest
Updated 30.12.2021	Visiting arrangements in care homes	DHSC	<ul style="list-style-type: none"> • Sets out how care homes can support families and visitors to visit residents.
Updated 30.12.2021	COVID-19: management of staff and exposed patients and residents in health and social care settings	UKHSA	<ul style="list-style-type: none"> • Guidance on the management of staff, patients and residents who have been exposed to COVID-19.
Updated 04.01.2022	COVID-19: Normalising Visiting in Long Term Residential Care Facilities (LTRCFs)	Health Protection Surveillance Centre	<ul style="list-style-type: none"> • Residents in nursing homes and other residential care facilities have a right to maintain meaningful relationships with people who are important to them. Visiting is an essential part of that right.

Statistics

Publication date	Title / URL	Author(s)	Digest
05.01.2022	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.
05.01.2022	Number of deaths in care homes notified to the Care Quality Commission, England	ONS / CQC	<ul style="list-style-type: none"> Provisional counts of deaths in care homes caused by the coronavirus (COVID-19) by local authority. Published by the Office for National Statistics and Care Quality Commission.