

## Top Tips for Clinicians

<b>Specialist</b>	<b>Dr Sara Humphrey</b> <a href="mailto:sara.humphrey@bradford.nhs.uk">sara.humphrey@bradford.nhs.uk</a>															
<b>Subject</b>	<b>Older People and COVID-19</b>															
<b>Date</b>	June 2020 / Review date 12m later															
<b>Disclaimer</b>	These are intended only as good practice prompts. Use your clinical judgement.															
<b>Top Tip 1</b>	<p><b>Presentation of COVID (ISARIC WHO Clinical Characterisation Protocol)</b></p> <p>Older Patients present with less classical symptoms of COVID:</p> <ul style="list-style-type: none"> <li>- Less cough, temperature and breathlessness</li> <li>- More Confusion (Delirium), off legs and anorexia</li> </ul> <p><b>A significant number of hospital patients will be positive but have no symptoms or just a one –off spike in temperature</b> (Severe/Critical C-19 disproportionately affects the elderly in the context of multi-morbidity)</p>															
<b>Top Tip 2</b>	<p><b>Care Home Testing: need to ring for their own results and need to inform the GP, Digital Health Hub etc.</b></p> <p><b>Pillar 1: First presentation of suspected COVID in a care home can access testing:</b> via Local Health Protection Team Tel. 0113 386 0300 (9am-5pm) or Out of Hours Tel. 0114 304 9843</p> <p><b>Pillar 2: Whole Home testing:</b> via DHSC Homes Access testing kits, for residents, by registering with DHSC online at <a href="#">Care Home Testing Portal</a> for questions relating to whole home testing contact the <b>Coronavirus Testing Call Centre on 0300 303 2713</b> <a href="#">Care Home staff - testing via Marley Street testing site</a></p>															
<b>Top Tip 3</b>	<p><b>COVID 19 Delirium- A significant cause of mortality in <a href="#">System One template</a>&gt;<a href="#">Delirium for COVID-19</a></b></p> <p>Use <b>TIME AND SPACE</b> to reduce modifiable risk factors of Delirium</p> <table border="0"> <tr> <td><b>T</b> toilet needs</td> <td><b>A</b> anxiety/depression</td> <td><b>S</b> sleep</td> </tr> <tr> <td><b>I</b> Infection</td> <td><b>N</b> nutrition/hydration</td> <td><b>P</b> pain</td> </tr> <tr> <td><b>M</b> Medication</td> <td><b>D</b> disorientation</td> <td><b>A</b> alcohol/drugs</td> </tr> <tr> <td><b>E</b> electrolytes</td> <td></td> <td><b>C</b> constipation</td> </tr> <tr> <td></td> <td></td> <td><b>E</b> environment</td> </tr> </table> <p><b>DO</b> - Re-orientate frequently          - Use calming speech, be calm and patient          - Involve family and carers</p> <p><b>DON'T</b> - Argue/restrain or confront          - Sedate          - Catheterise unless essential</p> <p><a href="#">BGS: C19-managing-delirium-in-confirmed-and-suspected-cases</a> <a href="#">YHSCN: COVID-19 and DELIRIUM</a></p>	<b>T</b> toilet needs	<b>A</b> anxiety/depression	<b>S</b> sleep	<b>I</b> Infection	<b>N</b> nutrition/hydration	<b>P</b> pain	<b>M</b> Medication	<b>D</b> disorientation	<b>A</b> alcohol/drugs	<b>E</b> electrolytes		<b>C</b> constipation			<b>E</b> environment
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<b>Top Tip 4</b>	<p><b>COVID 19 AKI- A significant cause of mortality in COVID 19 - <a href="#">Medication Review Essential</a>.</b></p> <p>Watch out for the following repeat medications in sick older people with COVID &amp; THINK:</p> <p><b>STOP / WITHHOLD / AMEND or CONTINUE</b> especially if they are acutely unwell</p> <table border="0"> <tr> <td> <p><b>S</b> Sulphonureas</p> <p><b>A</b> ACE and ARB</p> <p><b>D</b> Diuretics</p> <p><b>M</b> Metformin</p> <p><b>A</b> Aldosterone Antagonists</p> <p><b>N</b> NSAIDS</p> </td> <td style="font-size: 4em; vertical-align: middle;">}</td> <td> <p>Great mnemonic to remind you of the worst offenders</p> </td> </tr> </table> <p>Consider the 'sick days rules' in patients at risk /with previous AKI and consider setting up the rules with the care home or family so they withhold certain nephrotoxic /renally excreted medication as soon as they become unwell.</p> <p><a href="#">Think Kidneys: Sick-Day-Rules</a> <a href="#">NG175: C-19 rapid guideline: acute kidney injury in hospital</a></p>	<p><b>S</b> Sulphonureas</p> <p><b>A</b> ACE and ARB</p> <p><b>D</b> Diuretics</p> <p><b>M</b> Metformin</p> <p><b>A</b> Aldosterone Antagonists</p> <p><b>N</b> NSAIDS</p>	}	<p>Great mnemonic to remind you of the worst offenders</p>												
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