

12.21.20

To all Heritage of Edina Essential Care Givers

Here is an update to our Essential Care Giver policy and procedure.

Due to increased community spread we are requiring all essential care givers to obtain a negative COVID-19 test result no greater than 2 – 3 days prior to a scheduled essential care visit. This will be required with every essential care visit starting 12-28-20. When you arrive for your essential care visit, you will need to show your proof of negative COVID-19 result along with proof of testing date before being able to start a visit. We've found that the spread of COVID-19 has come from many sources, family/essential caregivers included. We've required every staff person and every resident to be tested weekly to stop the spread. We must also apply the same standards to essential caregivers if they want to visit a resident as we must keep our residents safe. With our vulnerable residents being at such a great risk of serious symptoms we feel this is a fair and needed step to take in order to keep every resident as safe as we're able. There are several free and easy ways for people to obtain weekly COVID-19 testing. Heritage of Edina requires the molecular tests, such as PCR tests which detect the virus's genetic material. These tests are:

- The most accurate tests for detecting the virus that causes COVID-19.
- Given with a nasal swab, oral (throat) swab, or by taking a saliva sample.

Antigen or antibody tests will not be accepted as proof of a negative COVID-19 test! Here is a link of free tests offered by the MDH:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

Please see our updated Essential Caregiver Policy and Procedure below. Changes have been highlighted.

SECTION 6.36 Essential Caregivers	POLICY 6.36 COVID-19 Essential Caregivers/ Visits	EFFECTIVE DATE: 08-10-2020 Revised 12-21-20
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POLICY: Heritage of Edina recognizes the importance of social distancing and physical separation to help keep residents safe from exposure to COVID-19. Heritage of Edina acknowledges the unintended consequences of prolonged social distancing and isolation on a resident's overall health and well-being, particularly with residents who have had friends, family or caregivers participate actively in their care prior to the pandemic. The following protocols will be utilized to address the desire for essential caregivers (going forward written as ECs)

PROCEDURE IF RESIDENT DOES NOT HAVE ANY CONCERNS FOR COVID-19:

1. ESSENTIAL CAREGIVER (EC) ELIGIBILITY:

Residents/Resident representative requesting an EC need to meet at least 1 of these qualifications:

- a. Provided regular cares pre-COVID-19.
- b. Provided emotional support through at least weekly visits pre-COVID-19.
- c. Resident is requiring compassionate care visits (on hospice services).

2. REQUESTING ESSENTIAL CAREGIVERS

Qualifying residents/resident representatives can request an EC using the following process:

- a. Call the front desk at #400 and ask to talk with your Heritage of Edina Case Manager.
- b. Discuss reasons why you need an EC and whom you'd like it/them to be.
- c. The Case Manager will then talk with the Care Coordinator and Director of Nursing to determine if both the resident and the potential EC/s qualifies as an EC.
- d. The determination if requested EC meets qualifications must be completed and discussed with the resident and or potential EC within 2 weeks (10 working days).

3. PERSONAL PROTECTIVE EQUIPMENT (PPE)

- a. ECs must wear the same level of PPE for the resident visit that staff are required to wear. This includes a surgical mask and protective eyewear. To be able to be used as PPE eyewear, the goggles must cover the front and sides of the eye area. PPE shall be worn from the time the EC enters the building until the time EC exits the building.
- b. The facility will not provide PPE to ECs.
- c. Staff will provide a means for EC to train on the proper method of donning and doffing required PPE and EC must sign documentation stating they've completed the training and understand the proper usage.
- d. ECs failing to properly utilize PPE will not be eligible for future visits.

4. FACILITY ESSENTIAL CAREGIVER SCREENING/CHECK IN PROCESS

- a. ECs must go through our EC orientation training, which includes review of proper infection control, screening, use of PPE, visitation terms and triggers for pausing EC visits prior to their first EC visit.
- b. ECs must present proof of negative COVID-19 PCR test along with proof of testing date (testing date can be no more than 2 – 3 days before an EC visit)
- c. All ECs must enter the building through Rembrandt front door and immediately check in at the front desk for their screening prior to each visit.
- d. All ECs must perform hand hygiene using the hand sanitizer located at the front desk before proceeding to visitation.
- e. All ECs will be screened by staff for temperature and other signs and symptoms of COVID-19 before proceeding to visitation.
- f. At each visit, ECs will sign and date a visit form indicating their understanding of the EC requirements and rules.

5. ESSENTIAL CAREGIVER VISITS

- a. All visits by ECs must be scheduled. Walk-ins will not be permitted.
- b. ECs must receive PCR testing for COVID-19 no greater than 2-3 days prior to their scheduled EC visit and must provide proof of negative test result and date of test prior to visit.
- c. Scheduling visits: One EC visit per resident per week is allowed at this time at a maximum of 3 hours. EC visits will take place between the hours of 9am & 6pm. The dates and times for each visit will be set i.e. every Monday 12pm-3pm or the 2nd and 3rd Thursday of every month 9am-12pm. Visits will not be rescheduled on different days and times from one week to another.
- d. After screening, ECs must wear the appropriate PPE and go directly to the resident's apartment. Visits can only be between the resident requesting the EC and the EC and must not include any other resident or staff in the facility.
- e. No more than one EC can visit a resident at a time.

6. TRIGGERS FOR PAUSING CAREGIVER VISITS

- a. EC visits will be cancelled if EC fails to bring proof of a negative COVID-19 PCR test and proof of test date being no more than 2 – 3 days prior to EC visit.
- b. EC visits will be prohibited during a resident 14-day quarantine. Exceptions will be made for compassionate care visits
- c. EC visits will be prohibited if a resident is COVID-19 positive or symptomatic. Exceptions will be made for compassionate visits.
- d. Visiting rights may be restricted or revoked for individual ECs if communicated safety measures are not followed.
- e. Visiting rights will be revoked for the EC if they are COVID-19 positive or are exhibiting symptoms of COVID-19 until the following criteria are met:
 - **For ECs who are not severely immunocompromised and were asymptomatic throughout their infection:** At least 10 days have passed since the date of their first positive viral diagnostic test.
 - **For ECs with mild to moderate illness who are not severely immunocompromised:** At least 10 days have passed since symptoms first appeared **AND** at least 24 hours have passed since last fever without the use of fever-reducing medications **AND** symptoms (e.g. cough, shortness of breath, etc.) have improved.
 - **For ECs with severe to critical illness or who are severely immunocompromised:** At least 20 days have passed since symptoms first appeared **AND** at least 24 hours have passed since last fever without the use of fever-reducing medications **AND** symptoms (e.g. cough, shortness of breath, etc.) have improved.

7. CONCERNS WITH ESSENTIAL CAREGIVER POLICY CAN BE DIRECTED TO:

- a. Your resident's case manager

- b. Office of Ombudsman for Long-Term Care at 651-431-2555 or 1-800-657-3591 to request advocacy services.