



COVID-19 in the older adult

1 How does the older adult present?

WATCH OUT FOR

Less likely to present with cough, dyspnea or temperature

- Delirium
- Falls/ Syncope
- Anorexia/ Fatigue/ malaise
- GI symptoms
- Deterioration in function
- Day to day variability

2 Clues in biomarkers/tests

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- Lymphopenia
 - Modest rise in inflammatory markers
 - Hypoxia without breathlessness
 - Acute kidney injury
 - Hyponatraemia
 - May have no CXR changes

Symptoms may be unreliable - consider early testing

If index of suspicion high Repeat swabs

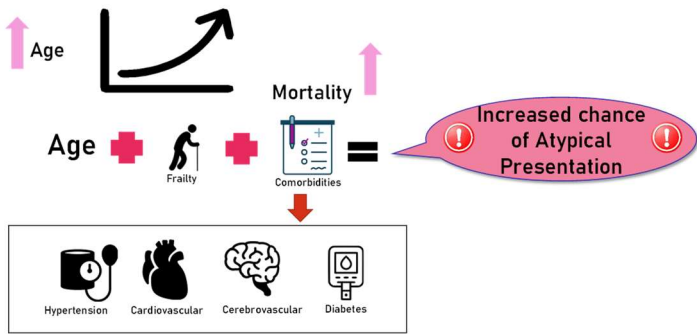


Don't forget non-covid causes for presentation

3 Management

Treat superimposed infection Acute kidney injury VTE thromboprophylaxis GI symptoms	Management of delirium Functional decline/ Rehabilitation Remember latent fatigue Beware nutrition, hydration and mouth care Look at the medication
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4 The Sums



5 Assessment of Frailty

- Assess frailty at the front door (use the tool that best fits your service)
- Comprehensive Geriatric Assessment (CGA) NNT 33
- Benefit from a Clinical Frailty Score
 - Functional status 2 weeks before admission
 - Not validated in Under 65 or those with stable lifelong disability

6 Special considerations

- Communication**
 - Patient PPE Hearing/visual
 - Relative Virtual visiting/updates
- Discharge planning**
 - Shielded/vulnerable spouses Carer packages
 - Nursing/residential home Working in partnership
 - Follow local guidelines
- Cohorting/multiple occupancy rooms with local infection control teams**
- Managing the mobile wandering and confused patient**

7 Treatment Escalation Plans

- Individualised care plan including TEP
- DNACPR discussions
- Conversations with openness & compassion
- Palliative care- involve your palliative care teams early and individualise the care

REDMAP FRAMEWORK

- R**EADY - CAN WE TALK ABOUT YOUR CARE?
- E**XPECT - WHAT DO YOU KNOW/WANT TO ASK?
- D**IAGNOSIS - WE KNOW/DON'T KNOW
- M**ATTERS - WHAT MATTERS TO YOU?
- A**CTION - THIS CAN HELP/ THIS WILL NOT HELP
- P**LAN - LET'S PLAN GOOD CARE FOR YOU + YOUR FAMILY

CPR

- WE WON'T USE MACHINES THAT CAUSE HARM
- WE WON'T PRESS ON YOUR CHEST IF YOUR HEART STOPS BEATING ...
- ... BECAUSE THESE THINGS DON'T WORK

Useful resources:

- REDMAP Framework
- Coronavirus and Older People (BGS Website)