

## **COVID-19 REPORT**

These are current confirmed cases of COVID-19 in provincial LTC homes, as reported in the media: A resident of Markhaven Home for Seniors in Markham, a resident of Seven Oaks nursing home in Scarborough who tested positive, outbreak at an Oshawa long-term care facility, three seniors at Pinecrest Nursing Home in Bobcaygeon, and two residents at Heritage Green Nursing Home in Stoney Creek.

<https://toronto.ctvnews.ca/covid-19-outbreak-declared-at-stoney-creek-nursing-home-after-two-residents-test-positive-1.4862878>

The vulnerability of long term care residents was first seen in the outbreak in King County, Washington State. There was spread of the virus between facilities in this area. The confirmed cases at Lynn Valley Care Centre, North Vancouver, were first reported at the beginning of the month. Dr. Bonnie Henry, the Provincial Health Officer, declared a COVID-19 outbreak there on March 7. The first death occurred the following day. Eight residents have died. Thirty-six residents and 18 health care workers at this 139-bed facility are infected. The average age of the resident who died are 87-years old. An infected staff may have caused the spread of the virus to another resident in Vancouver nursing home. An article in the Globe and Mail yesterday suggested low-paid staff, working in multiple facilities, and limited sick days contributes to the spread of COVID-19.

<https://www.theglobeandmail.com/canada/article-how-the-coronavirus-took-north-vancouver-lynn-valley-care-centre/>

Like other serious infectious diseases, like influenza and pneumonia, COVID-19 is best managed in the resident's LTC facility. The victims are often old, frail and with co-morbid conditions. The resident's wishes and goals of care are reviewed. Most common symptoms include:

- fever
- cough
- difficulty breathing
- muscle aches
- fatigue
- headache
- sore throat
- runny nose

Complications the frail elderly are pneumonia, kidney failure and death. There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

<https://www.ontario.ca/page/2019-novel-coronavirus#section-8>

Residents and families should be reassured that supportive care may be best provided in the individual's home. Supportive care includes assistance with feeding, fever control, oxygen and hydration. It is unlikely that patients who are elderly and frail would be offered ventilator treatment.

The updated COVID-19 Guidance for LTC Homes states: "All referrals to hospital should be made through emergency department triage. If a resident is referred to a hospital, the LTCH should coordinate with the hospital, local public health unit, paramedic services and the resident to ensure safe arrangements for travel that maintain the resident in appropriate isolation " The guidance document, updated on March 19, provides further recommendations on screening and management of positive cases.

[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_long\\_term\\_care\\_guidance.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_long_term_care_guidance.pdf)