

We are in this together – Isolated but not alone

The Somerset Supportive, Palliative and End of life approach to COVID

Charlie Davis and Sally Silsby

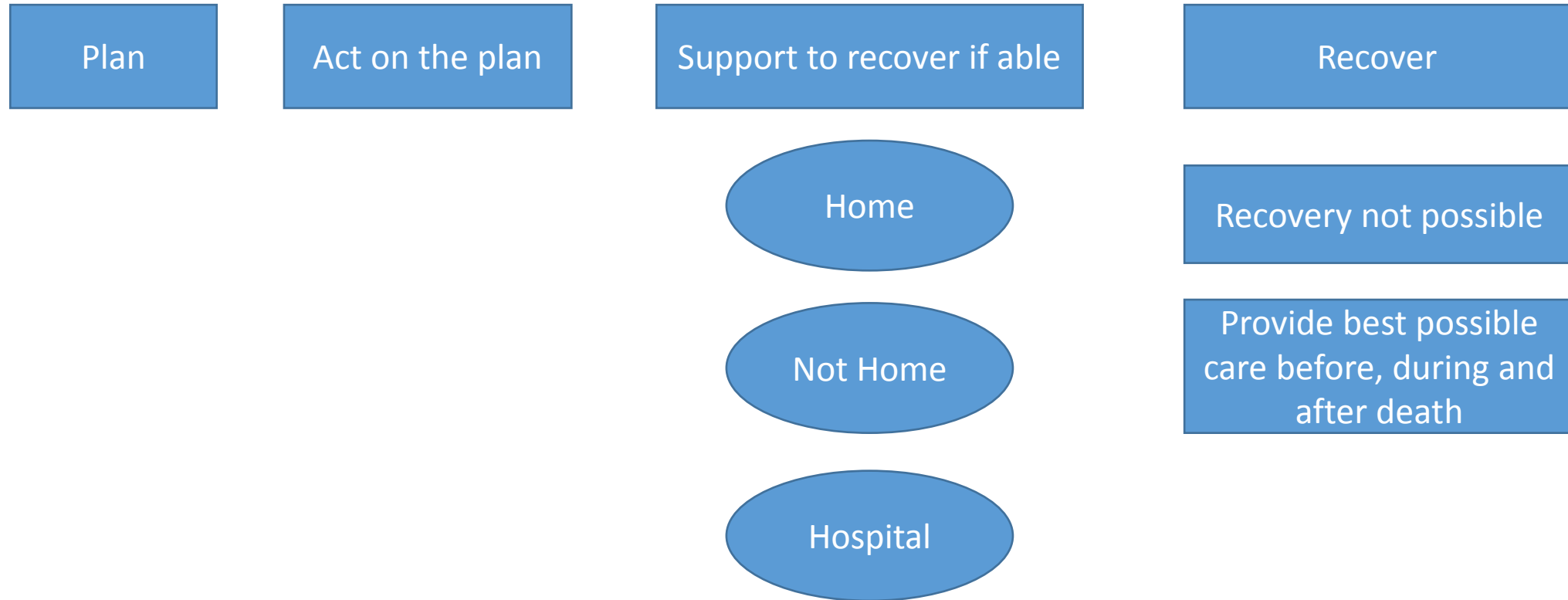
Key milestones

- COVID arrives in the world: 21/12/19 China publish a 'pneumonia with unknown cause' report
- Arrives in UK: first case declared 29/1/20
- UK commences social distancing: 16/3/20
- UK commences Social Isolation 'lock down': 23/3/20
- UK reaches 1000 deaths: 28/3/20
- Date this is recorded 1/4/20 (after midday)

What are our plans?

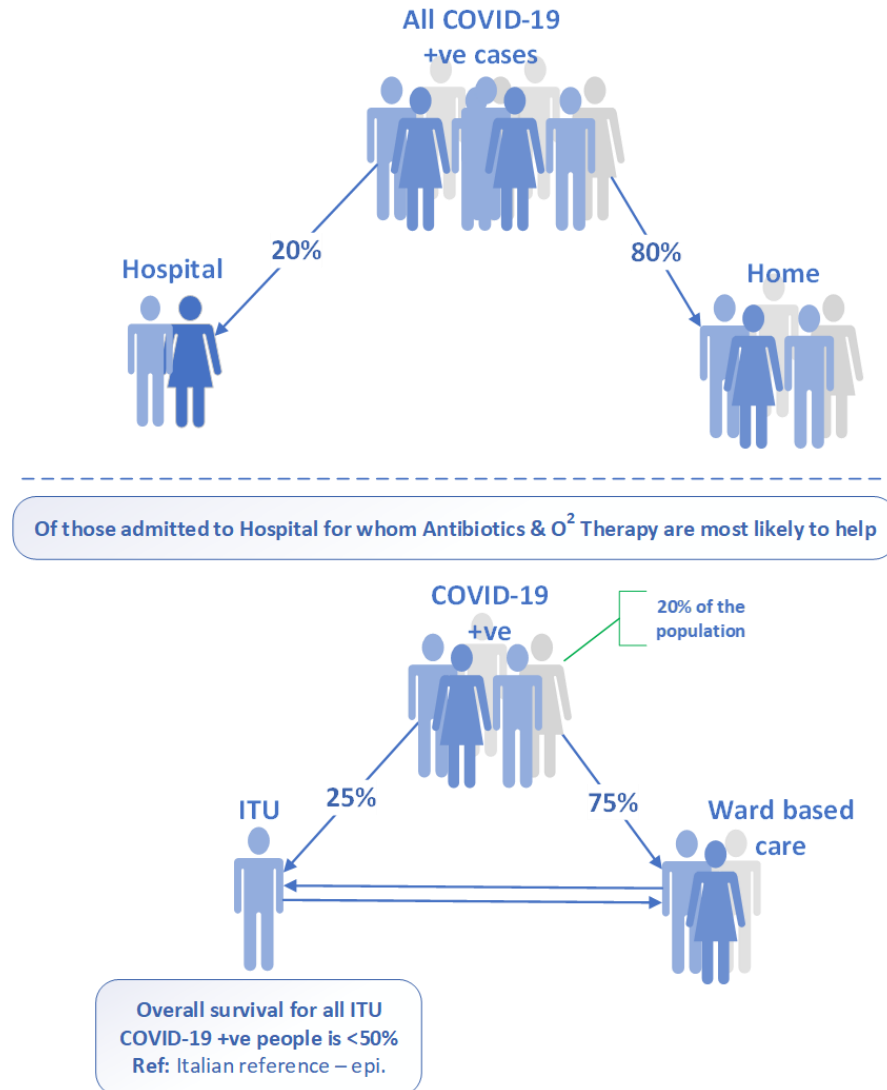
- Only bring those to hospital who will benefit from acute care but ensure those accessing acute care have equity of use, COVID or not.
- If not already in place, select those extremely vulnerable and share with them thoughts on illness and escalation to hospital
- As we call people or contact people to guide them on social shielding try to contact those who need that advice and only once if possible
- Share decisions and burden across health and social care as well as secondary and primary care – we are all in this together
- Offer the best possible symptom control as part of a compassionate community
- Support and care for each other before, during and after COVID

Summary: For those who are extremely vulnerable



What are we going to do together? – make a plan

What do we know so far about what happens to people within the system?

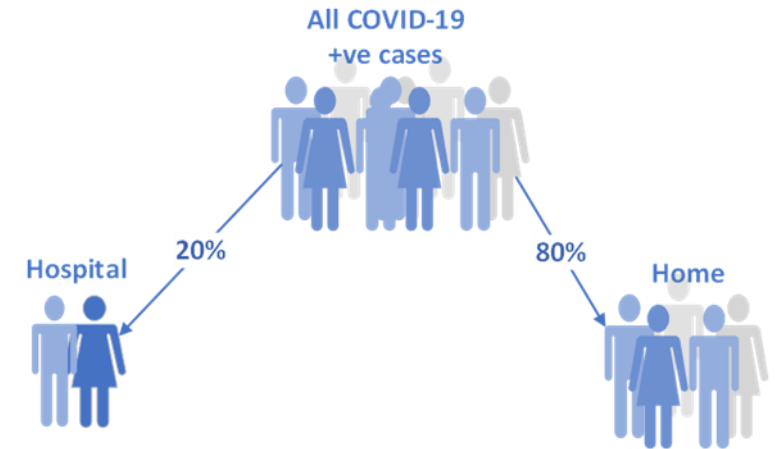


- Most people will benefit from social shielding in the extremely vulnerable cohort: prevention is better than no cure.
- We do need to know of existing basic plans for resuscitation and treatment escalation
- Those in the extremely vulnerable group should be offered this proactively as services are able
- All STEPs are being brought back to EMIS, paper form in the home.

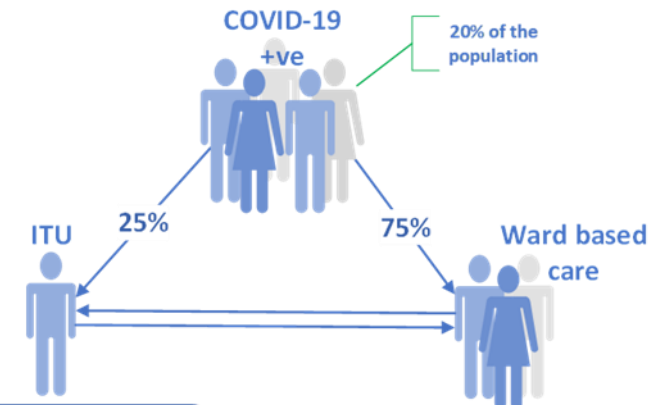
Use the plan- moving from Home

- Moving from home may not mean moving to acute hospital
- Symptom control advice from the experts, coproduced with primary care colleagues
- Plans for shortage, plans for the use of alternatives
- Key focus on breathlessness
- All information will be version controlled across popular resources

What do we know so far about what happens to people within the system?



Of those admitted to Hospital for whom Antibiotics & O₂ Therapy are most likely to help

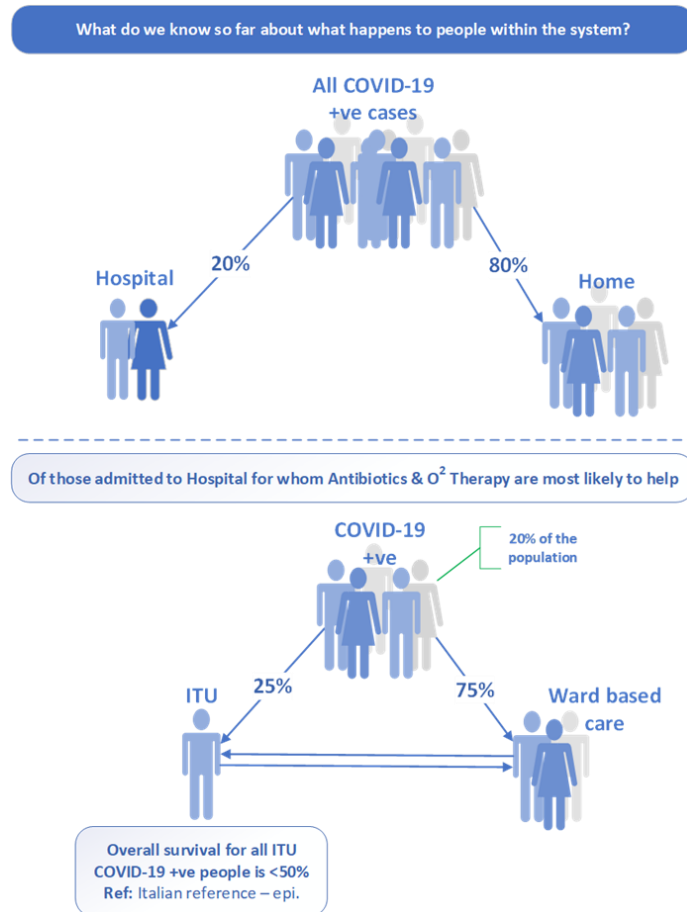


Overall survival for all ITU
COVID-19 +ve people is <50%
Ref: Italian reference – epi.

Use the plan – moving from home

- Decisions around hospital are key for primary care
- Decisions on ventilation will be made in secondary care
- Where decisions are difficult they will be shared between small professional groups with access to ethical support
- If the plan and action is home support a hub model is being developed by health and social care

Use the plan – Staying at home



- Symptom control may be needed as people try to get better
- If someone is not getting better they will need support
- JIC meds as usual and additional access to oral medications if injectable not possible
- Learning with and from each other

For those who left their home for the last time

- Many extremely vulnerable people will not recover, especially if ventilation is needed.
- Staff are finding care when families are absent difficult
- We plan to help people collate a 'sensory bag' to allow a person to have key stimuli from home, also to facilitate early bereavement work over devices.
- We ask people to explore the four things that matter most:
 - I love you
 - I forgive you
 - Forgive me for
 - Thank you

After death where recovery was not possible

- Verification of expected death: registered professionals able to verify
- Awaiting full interpretation of the Coronavirus act 2020 section 14
- Section 13 of the act will cover registration and informant of death
- Bereavement care will be important to individuals, communities and society
- Our own grief and support needs must not be forgotten

Key messages

- We are all in this together and have a strategy to work with for those who will not recover but respecting the need to give people every reasonable and wanted treatment
- It is ok to be scared
- All of us may be isolated but we must not feel alone
- Much educational work will be available via the SGPET website and wherever you get your teaching, we hope there too.