Coordinating & Managing FTD Care Today

Jennifer Pilcher, Ph.D., CMC
Clear Guidance
04/07/2020
Symptoms

Usually begin as mild, can accelerate within 5-7 days

Over 80% have fever

Cough, shortness of breath, loss of taste or smell

Possibly gastrointestinal

NO NSAIDS (MOTRIN or ALEVE)

Use observation and monitoring

Increased or acute change in confusion or disorientation
Emergency Warning Signs

New confusion
Difficulty breathing
Persistent pain or pressure in chest
Bluish lips or face
Those with sleep apnea more at risk
Elevated fever (over 100.4)
Transmission

Transmitted through respiratory droplets

No conclusive evidence yet that it is airborne

Asymptomatic transmission
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- Protect
- Prepare
- Consider
- Learn
Reduce Risk

Hygiene & Sanitizing

Lifestyle Changes
Hygiene & Sanitizing

Make hand washing part of your daily schedule, do it together, use reminders

Use hand sanitizer if hand washing is difficult, dont DIY

Lifestyle Changes

Stay at home, except outside

Set up deliveries of necessary items
https://www.youtube.com/watch?v=sjDuwc9KBps&feature=share&fbclid=IwAR329quYFOxRcTWFknl8k5pNLjWRUYDJUfCcP4gtxGKvEOoXaREuV9pk&app-desktop

Sanitize / quarantine packages OR wear mask

Cancel all non essential medical appointments

Stay hydrated
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- Protect
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Plan for possible infection

Call Primary Care Provider
- Remind them of your diagnosis and living situation
- Ask for protocol for reporting of symptoms
- Ask if they have tests available

Research Test Sites & Hospitals
- Find mobil or tented test sites
- Identify dedicated local hospitals

Prepare Documentation
- Health Care Proxy and Advanced Directives
- Emergency Contacts
- List of diagnoses
- List of providers
- List of medications
- Anything else you would want emergency responders to know
Prepare your home

Prepare for quarantine
  • Identify separate bedroom and bathroom that can be used only for infected person

Gather Needed Supplies
  • PPE - Personal Protective Equipment (masks, gloves)
  • Cleaning supplies
  • Disinfectant

Gather detection and treatment items
  • Thermometer
  • Mucinex or mucus reduction meds (without ibuprofen)
  • Tylenol
  • Vicks Vapo Rub
  • Humidifier
  • Laundry detergent

Place emergency instructions on refrigerator
Backup Plan

If you have a home care provider, find out their protocols for caring with infected persons.

Who will step in if one or both of you gets sick?
- Agreement with family
- Contract with home care agency
- Dedicated rehab facilities, isolation rooms

Identify person(s) who will be responsible and educate them about where to find emergency information.
Advanced Directives

Discuss advanced directives - do they still apply in this current environment?

Honoring Choices
Getting started Toolkit
https://
www.honoringchoicesmass.com/
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Protect
Prepare
Consider
Learn
Stress Reduction & Self Care

Routine / Structure
Avoid
Resources
Awareness
Routine / Structure

Example Schedule:
8 am Breakfast / hand washing
8:30 Shower / Personal Care
9:00 Vigorous Exercise
9:50 Hydrate
10:00 Household Chores
10:30 Activity - social or intellectual
12:00 Lunch / Hand washing
12:30 Downtime (read/watch movie/podcast/meditate/rest)
1:30 Activity - social or intellectual
3:00 Vigorous Exercise
4:00 Downtime (read/watch movie/podcast/meditate/rest)
5:30 Dinner / Hand washing
6:00 Activity - social or intellectual
9:00 Downtime (reading only, no TV or electronics)
10:00 Bedtime
Things to avoid

Television

News in any format

Alcohol Intake
Resources

**Zoom & FaceTime Basics**
https://www.canadootech.com/howto-offerings

**Activity Ideas**


**Easy / Quick Stress Relief**
Calm App - Google and App store

**Bringing loved ones home?**
http://blog.aginglifecare.org/blog/should-i-move-mom-back-home/
Self-Reflection / Awareness of Tension

- Acknowledgment of heightened anxiety
- Awareness of body language and facial expression
- Validate each other's feelings first
- Acknowledge and accept breakdowns
- If communication is difficult, agree to take a break
- Practice gratitude
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