



# COVID-19 and older persons in residential care facilities in Finland

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Pia Pulkkinen & Teija Hammar

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Finnish Institute for Health and Welfare

# COVID-19 -update in Finland

data 6 November 2020

<https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates/situation-update-on-coronavirus>

- **Regional variation**

- Currently the restrictions and recommendations are based on the phase of the epidemic in each region

- Reported cases in total: **17,385**

- Throughout this year, **9 per cent** of all infected persons **over the age of 70**, while their age group account for 20 per cent of the adult population.

- In relation to Finland's population (5,5 million)

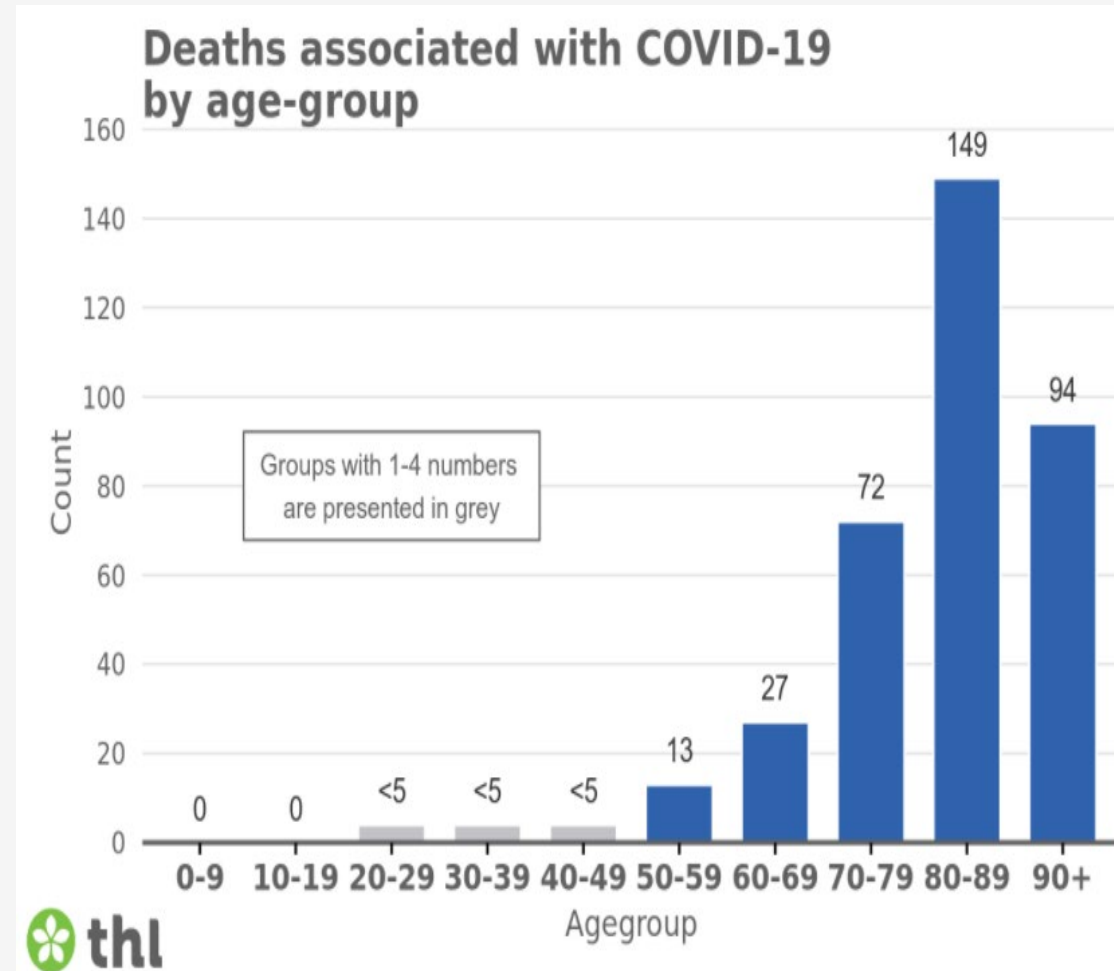
- The prevalence was **314** cases per 100,000 people
- The incidence of new cases was **50** cases per 100,000 people

- **75** per cent of the reported cases has recovered

- A total of **362** deaths associated with the disease

# Of the deceased

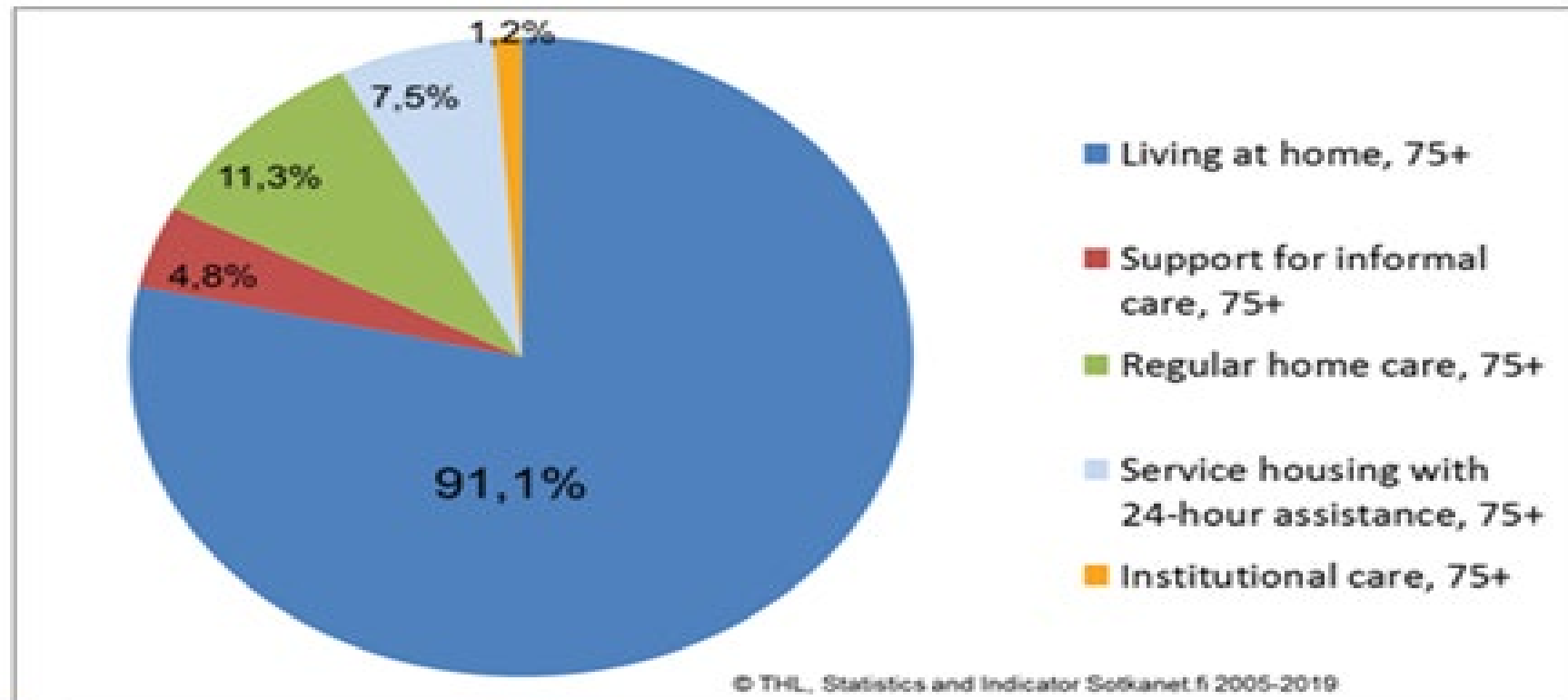
- The median age 84
- 22 per cent were in specialised medical care, 36 per cent in primary health care units, **41 per cent were in nursing homes or 24-hour residential care for the aged** and 1 per cent at home or elsewhere
- Over 95 per cent had one or more long-term illnesses



In the Spring, the virus spread to some aged-care units which is reflected in the figures by age-group. Currently situation is in control.

# Less than 10 % of the population 75 years of age and older are in residential care in Finland

Proportions of population 75y and older  
- data 2017



# COVID-19 instructions to care personnel and heads of unit in residential care units

- Use masks, gloves and protective garments, maintain good hygiene
- Minimal number of personnel to visit each resident, relocation of care staff
- Work only if asymptomatic
- Acute medication supply allowed in social care units (an exception)
- Care of basic diseases and acute cases as usual
- Dining and meeting areas used only in small groups with safe distance
- Cleanliness of the facilities; use of disposable plates, cups, and cutlery
- A contact person responsible for the effective flow of information

## **Note that all the Finnish care personnel is trained**

Possess good knowledge of hygiene; Are able to recognise symptoms, take care of basic diseases and deal with acute cases;  
Possess at least basic knowledge of provision of medication



# Instructions for the residents in residential care units

- Maintain good hygiene, safe distances
- Residents to stay in a single room (14 days)
  - In case of disease or suspicion of disease; after hospitalisation, relocation etc.
  - Minimal number of transfers
- Maintenance of functional capacity, well-being and social contacts encouraged by using innovative ways
  - Technological and electronical applications in use to communicate with family and friends, and to practice group activities
  - Meetings outdoors, in containers, via plexiglas/window etc.
  - Personally tailored activities to support functional capacity
  - Activities outdoors, group instructors, musicians and artists to perform on a balcony, via window etc.

# Instructions for the visitors in residential care units

- **Visits possible with safety arrangements on a case-by-case basis**
  - During the period from the middle of March to Midsummer in June the visits were not allowed except for to meet seriously ill residents.
  - In the Autumn restrictions on the regional appraisal and recommendations by the infection specialists, and Communicable Diseases Act (1227/216)
    - 1-3 visitors at a time, agreed in advance
    - Asymptomatic, good hygiene, safe distance 1-2 m, wear masks
    - Limited access in/to facilities
    - Personnell to advice visitors



Pia Pulkkinen  
Researcher  
Ageing, Disability and Functioning  
Finnish Institute of Health and Welfare  
[pia.pulkkinen@thl.fi](mailto:pia.pulkkinen@thl.fi)

Teija Hammar  
Chief Specialist  
Ageing, Disability and Functioning  
Finnish Institute of Health and Welfare  
[teija.hammar@thl.fi](mailto:teija.hammar@thl.fi)

**Thank you**

<https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates>