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

UNECE 18 November 2020

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11/24/2020

Finnish Institute for Health and Welfare
COVID-19 -update in Finland  data 6 November 2020

• 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.
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
Thank you

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