



Alice Bonner, PhD, RN, FAAN

Adjunct Faculty & Director of Strategic Partnerships, CAPABLE Program
John's Hopkins University School of Nursing

Senior Advisor for Aging
Institute for Healthcare Improvement

COVID-19 Vaccinations:

How do we move forward together?

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).



Age-Friendly Health Systems



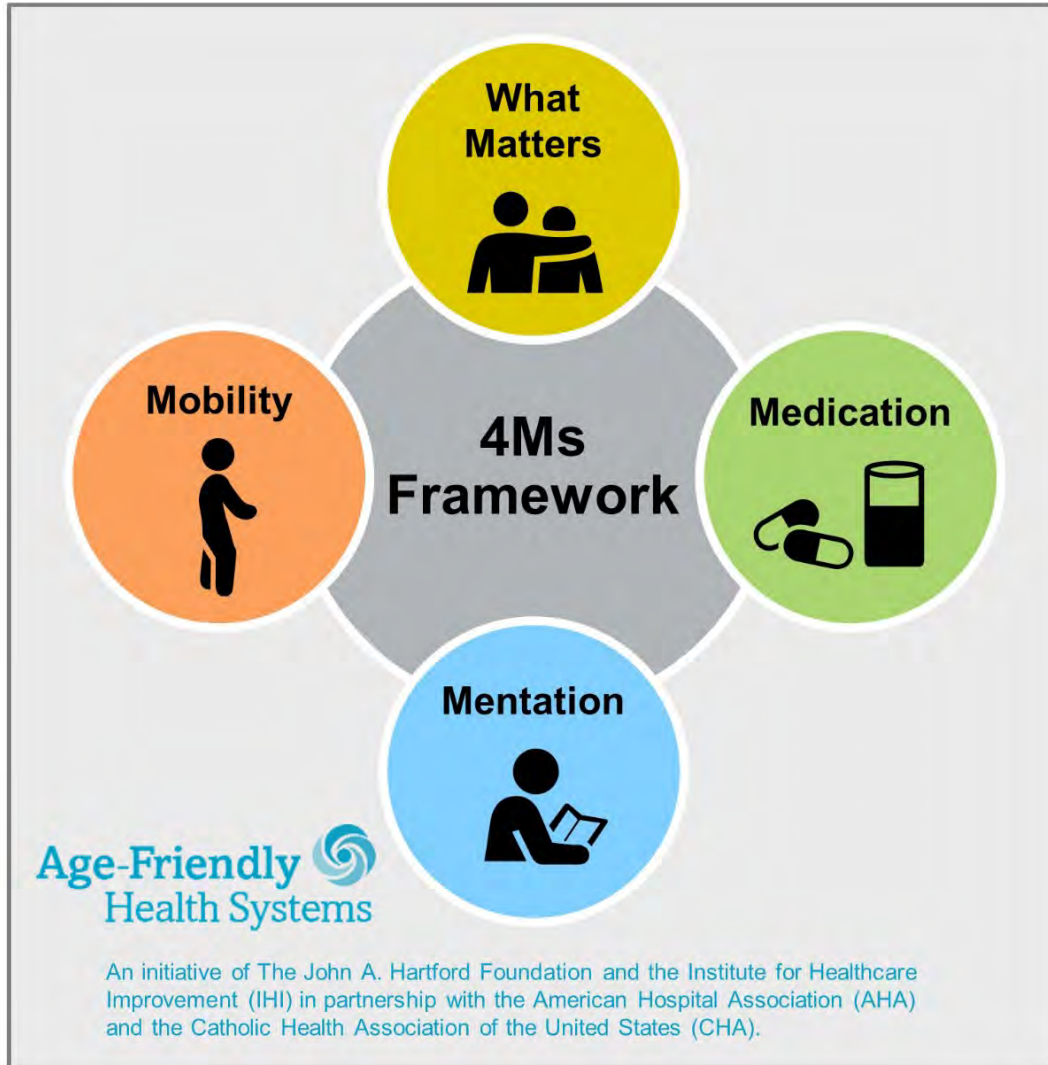
An initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

Build a social movement so **all care** with older adults is **age-friendly care**:

- Guided by an essential set of evidence-based practices (4Ms);
- Causes no harms; and
- Is consistent with What Matters to the older adult and their family.

By 06/30/2023: Reach older adults in 2,600 hospitals, practices, and post-acute and long-term care communities practicing Age-Friendly care

Age-Friendly Care – 4Ms Framework



What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.



1,000



178

As of December 2020, over 1,000 hospitals, outpatient practices, retail-clinics, and post-acute long-term care communities have been recognized as working to become Age-Friendly Health Systems for having described a detailed approach to the 4Ms in their setting. 178 of these have also been recognized as Committed to Care Excellence for being exemplar sites that are working toward reliable practice of the 4Ms.

Reducing Morbidity and Mortality (sickness and death) from COVID-19 is part of Age-Friendly Health Systems and Communities

This is a public health issue!

COVID-19 vaccination helps
reduce the overall impact
of the pandemic

Some of us may have concerns about vaccine safety and health equity

- You may have heard about research and other practices that were done with certain populations (minorities and others) years ago, without informed consent.
 - In some cases, these practices led to side effects and serious conditions, even deaths.
- Based on that history in the U.S., it is not surprising that some people might not trust health care providers.
- We must acknowledge these issues and determine together how to move forward.
- Health disparities and inequities must be identified, reduced and eliminated.

What is Different about Healthcare Today?

- There are now laws and regulations that seek to protect each of us from harm or inequities during medical treatments, procedures and research protocols.
- Health care systems have a focus on transparency (full truth-telling and providing reliable information).
- Health care providers have guidelines on how to give all related information to each person who would like to receive the COVID-19 vaccine.
- Each person is invited to ask any questions and have all of them answered before agreeing to receive the vaccine.

What is Different about Healthcare Today?

- Nationally recognized organizations and government agencies publish and regularly update Frequently Asked Questions (FAQs), fact sheets and other materials. These are generally made available to the public, usually free of charge.
- Your local State Department of Public Health and/or local city/town Boards of Health also have staff members who can answer questions by phone or can share written materials. Most of them also have websites.

What are some typical questions about the COVID-19 vaccine? (You have heard about some of these already today)

- Are there potential vaccine adverse effects and how likely am I to develop them?
- Can someone develop actual COVID-19 illness from the vaccine?
- Can someone in my household become ill by coming into contact with me after I am vaccinated?
- Is the vaccine safe for people with certain health conditions, or based on age or other factors?
- ***These are ALL GOOD QUESTIONS! These and every other question deserves to be answered and discussed.***

How Else Can We Support One Another?

- Be present and ‘in the moment’ as much as possible.
- Offer to help a colleague when you can.
- Thank each other often!
 - Short, hand-written notes or emails mean a lot
 - Create a visible ‘Appreciation Board’ on the unit or in the lobby. Encourage each resident, family member or care partner, and staff person (all departments) to post something on the board.
 - **Celebrate the GOOD.** It is easy to overlook the little things when we are all so busy and tired.

How Else Can We Support One Another?



- Consider creating a daily check-in board specific to COVID-19 vaccination on the unit. Encourage staff members to post how they feel about vaccinations.
- Consider regular (daily or 2-3x/week) meetings with direct care staff and leaders to talk about vaccines and answer any questions, listen to staff concerns.
- Leaders should have a protocol/plan to respond to each staff person.

Make it comfortable and part of the process to ask for help or more information when needed

- Many healthcare staff struggle with admitting they need help, especially if they know that everyone else feels as stressed as they do.
- *A safe space to speak up and ask for help needs to be part of nursing home culture.*
 - Creating a safe, quiet, restful place to speak with colleagues or your supervisor is essential.
- Ask team members what they need!
- Consider a vaccination 'buddy system' to share support with one other person and raise awareness

Consider keeping certain phrases in your thoughts each day, such as:

“This will not last forever.”

“I can ride this out and not let it get me down.”

“May there be joy in this day, may I bring joy to others.”

“A hard moment does not mean a hard rest of the day.”

“I am choosing grace in this moment.”

“In choosing to be vaccinated I am helping to protect residents, care partners, team members and our community.”

“Getting vaccinated gives me a sense of control.”

What other phrases come to mind?

Online Resources

<https://www.cdc.gov/vaccines/covid-19/toolkits/long-term-care/index.html>

<https://www.ahcancal.org/News-and-Communications/Pages/GetVaccinated.aspx>

https://www.leadingage.org/sites/default/files/FAQs%20and%20Resources%20on%20COVID-19%20Vaccines%20-%20Dec%2015.pdf?_ga=2.90976218.1543642018.1608475050-884601056.1526425449

Questions and Discussion

Thank you for everything that you do every day.

It is making a difference in your nursing homes, assisted living residences, home care agencies, hospitals and communities!

We are grateful for your dedication, your knowledge, skills, passion, and your professionalism.

Alice Bonner
abonner@ihi.org

