

# Brookside Healthcare and Rehabilitation Reopening Implementation Plan

Brookside has developed the Reopening Implementation Plan by using the guidance provided by County, State, and Federal Agencies (PA Department of Health, CDC and Montgomery County). Please be advised that due to ongoing testing for COVID-19 for staff and residents, many parts of this plan including visitation, are subject to change if we have a confirmed/suspected case of coronavirus. In the event of a confirmed positive case of COVID-19 for either a staff member or resident, visitation will be suspended until further notice.

Brookside Healthcare and Rehabilitation will plan to reopen with the following guidelines to be in compliance with the Pennsylvania Department of Health's Guidance for Reopening for Skilled Nursing Facilities/Nursing Homes.

The Pennsylvania Department of Health (PA DOH) guidance for reopening provides successive steps in which certain criteria must be met:

## Criteria for Initiating and Advancing Steps

### **Step 1**

*The facility must meet all the Prerequisites, including the baseline universal test for COVID-19 administered to staff and residents, absence of a new facility onset COVID case for the last 14 days and county case rate out of the Red Phase(<10% community positivity).*

### **Step 2 (Limited Scheduled Visitation Begins)**

*The facility must meet all the Prerequisites, including the baseline universal test for COVID-19 administered to staff and residents **AND** Have the absence of any new facility onset of COVID-19 cases for 14 consecutive days since baseline COVID-19 testing.*

### **Step 3**

*After entering Step 2 - Have the absence of any new facility onset of COVID-19 cases for 14 consecutive days.*

The "Steps" provide parameters to certain functions within the facility while still maintaining proper infection control, social distancing and adherence to the PA DOH guidance. An increase in the number of residents to participate in group activities, restarting a form of communal dining, potential outings, entrance of Non-Essential Personnel, indoor versus outdoor visitation, and potential entrance of volunteers are affected based on the "Step" the facility is in.

## Criteria for Regression from Steps

Please be aware that at any time there is a new facility onset COVID case, or the county case incidence is in the Red Phase (>10% community positivity) all steps cease and the facility will revert back to the guidance provided by PA DOH where all the aforementioned items will be adjusted. Should a staff member or resident have a confirmed facility onset case of COVID-19, the affected unit/areas WILL NOT be able to have visitors until the facility is able to discontinue outbreak testing. If more facility onset cases, are confirmed in other areas/units of the building, then visitation will be halted for ALL residents until the facility is able to discontinue outbreak testing. The facility must then go 14 consecutive days without any confirmed cases to achieve STEP 1 again and then another 14 consecutive days without any confirmed cases to achieve STEP 2 in which limited scheduled visitation can commence.

Brookside Healthcare and Rehabilitation was surveyed by PA DOH on 6/18/20 to determine that the facility was adequately preventing the Transmission of COVID-19.

Brookside Healthcare and Rehabilitation Reopen Date: March 24 at Step 2.

Prior to reopening, the State of Pennsylvania has stipulated a list of prerequisites that the facility has had to complete and/or have in place.

Below is a brief description of those items:

- Baseline Testing for Staff and Residents was started on 5/26/20 and completed 7/23/20.
- The facility utilizes one (1) private lab for testing to test residents showing symptoms within 24 hours. Additionally, the facility also utilizes rapid COVID-19 swabs as necessary.
- The facility has the capacity to test staff, including contractors and non-essential personnel, and residents should an outbreak occur by utilizing one (1) private labs.
- Anyone entering the facility is screened upon entrance. Any individual that fails the screening will be prohibited from accessing any other area(s) of the building. The individual will be asked to leave and follow up with their Physician for further instruction. All new hires are tested for COVID-19 prior to employment.
- Residents have the right to decline testing provided by Brookside. Staff that decline to be tested by facility will be asked to be tested offsite and provide a copy of test result. If a staff member refuses to be tested either at the facility or offsite, the staff member will be removed from the schedule.
- The facility follows the PA-HAN-530 guidance related to cohorting or isolation for diagnosis of COVID-19.
- The facility currently has an appropriate supply of Personal Protective Equipment (PPE). Brookside also has the ability to purchase directly and through its Management Company which also provides access to PPE and distributes to the facility weekly and as needed.
- There are no issues with staffing currently. Should any issues arise, the facility will utilize staffing agencies and initiate the Staffing Contingency Plan in the facility's Emergency Preparedness Plan (EPP). Should the county be deemed in the RED phase, the facility will contact families and staff through various means: website, letters, phone calls, and emails to alert families of the change in reopening status. Staff will be alerted immediately of the change.

## Screening Protocols

Residents - Residents are assessed several times a day. Residents will be tested for COVID-19 if they are exhibiting any symptoms related to COVID-19 (i.e., exhibiting cold/flu like symptoms, exhibiting gastrointestinal issues, and cough.) If applicable, the resident's roommate will also be tested for COVID-19. The facility will follow the guidance from **PA-HAN-530** if any room changes need to be made in regard to a positive or suspected case.

Staff - All potential new hires will be tested for COVID-19 prior to employment. All staff are required to be screened for COVID-19 symptoms and/or exposure at the receptionist desk prior to clocking in for duty and entering any resident care area. If any staff member does not pass the screening protocols, they will not be allowed to work until all requirements are met.

Healthcare Personnel Who Are Not Staff - All healthcare personnel who are not staff are required to be screened for COVID-19 symptoms and/or exposure at the receptionist's desk prior to entering any resident care area. If any healthcare personnel, who are not staff, do not pass the screening protocols, they will not be allowed to enter any resident care area until all requirements are met.

Non-Essential Personnel - All non-essential personnel are required to be screened for COVID-19 symptoms and/or exposure at the receptionist desk prior to entering any resident care area. If any non-essential personnel do not pass the screening protocols, they will not be allowed to enter any resident care area all requirements are met.

Visitors - All visitors are required to be screened for COVID-19 symptoms and/or exposure at the receptionist desk prior to visiting with resident. If any visitor does not pass the screening protocols, they will not be allowed to enter any resident care area until all requirements are met. It will be recommended that visitors who do not pass the COVID-19 screening contact their Health Care Provider.

Volunteers - At this time, Brookside Healthcare and Rehabilitation will not be utilizing volunteer assistance. Brookside will re-evaluate the utilization of volunteers as it enters Step 3.

Please note that all of the aforementioned will be required to wear a face mask or face covering upon entering the facility and follow County, State, and Federal guidelines as they pertain to infection control and use of PPE.

## Dining

The facility will provide limited communal dining for residents that are able to eat outside of their rooms and are not positive for COVID-19, suspected for COVID-19, or having any symptoms related to any illness. The facility will evaluate which residents will benefit most from dining in a communal setting and prioritize communal dining for these residents. Brookside has two separate dining areas, one large dining room and one small dining room.

For residents who are not currently participating in communal dining, Brookside Healthcare and Rehabilitation Center will continue to provide in-room meal service for resident who are assessed to be capable of feeding themselves without supervision or assistance. Residents who are at-risk for choking or aspiration are provided meals in their rooms with assistance.

The dining areas will be setup to allow for adequate social distancing which will limit the amount of residents in the dining area during the meal service. As always, staff will use appropriate infection control procedures and utilize PPE while serving residents in the dining area(s). These areas will also have an increased cleaning schedule to prevent the spread of any infection.

## Activities

Activities are limited to residents who are unexposed to COVID-19. Physical distancing, universal masking, and hand hygiene before, during and after attending activities are required.

Regardless of the “Step” the facility is operating within, limited group social will also commence. Each “Step” increases the amount of residents that are allowed to participate.

Step 1 – Up to 5 residents only

Step 2 – Up to 10 residents only

Step 3 – More than 10, but dependent on the ability to maintain social distancing and proper infection control.

The facility will continue to do in-room activities. Limited group activities will be conducted in the resident social center with one unit at a time. The type of activities that will be conducted will allow for adequate social distancing and eliminate the use of games that require sharing items. At this time, outings will not be part of the facility’s reopening plan. As always, staff will use appropriate infection control procedures and utilize PPE while conducting activities in the Social Center. These areas will also have an increased cleaning schedule to prevent the spread of any infection.

## Entrance of Non-Essential Personnel

Per the PA DOH Guidance for Reopening, Step 2 allows the entrance of Non-Essential Personnel deemed necessary by the facility with screening and additional precautions including social distancing, hand washing and universal masking. Non-Essential Personnel is defined by the PA DOH as “a contractor or other non-essential personnel.” Step 3 allows for all Non-Essential

Personnel to enter the facility with screening and additional precautions including social distancing, hand washing and universal masking. Brookside Healthcare and Rehabilitation will allow Non-Essential Personnel visits to resume at Step 2 on an individual basis with screening and additional precautions including social distancing, hand washing and universal masking. At no time will a resident that is suspected or confirmed with COVID-19 be seen by any of these personnel to prevent the spread of infection as communication of who can be seen will be reviewed prior to entrance in the facility.

## VISITATION

Step 2 and Step 3 allow for scheduled visitation. Step 2 emphasizes outdoor visits rather than indoor visits, but allows for indoor visits in neutral zone areas due to inclement weather. Step 3 allows for indoor visits in neutral zone areas and visits in resident rooms only if the resident is unable to be transported to one of the neutral zone areas.

### **Hours/Length of Visitation and How to Schedule a Visit**

Visitation will be by appointment, during the following hours:

Monday – Friday (10am-12pm), (2pm-5pm)

Saturday – Sunday (11-12pm), (2pm-3pm)

If another time is needed, please contact: 215-884-6776 x 4125 for Robin Ziegler, or x 4137 for Tamara, and our team will work with you to make accommodation.

Each visit can only be up to 1/2 hour (30 minutes) in length per current guidance.

Visitation can be scheduled to ensure that the facility is adhering to the guidance provided by County, State, and Federal Agencies in regard to social distancing and infection control. Any resident that is currently diagnosed with COVID-19 will have visitors prohibited for at least 21 days from the date of diagnosis. Any newly admitted or readmitted resident will have visitations restricted for the duration of their isolation period. We will inform you if you are not able to visit your loved one should their condition change in regard to COVID-19 (suspicion or confirmed case) or any other type of suspected or confirmed infection.

### **To Schedule a Visit**

Please email/call the Activities Department and ask to speak with Robin Ziegler or Tamara Benson. Email is preferable. If emailing, please email both Robin and Tamara. The contact information for both is below:

EMAIL: [rziegler@brooksidehealthcare.com](mailto:rziegler@brooksidehealthcare.com); [Tbenson@brooksidehealthcare.com](mailto:Tbenson@brooksidehealthcare.com)

PHONE: 215-884-6776 Ex 4125 for Robin or Ex 4137 for Tamara

To submit your request for visitation, please provide the following:

- Date and Time of your visitation request (Please schedule within aforementioned times listed previously, if possible)
- Your Name
- Name of the other individual (if applicable)
- Name of the Resident you are requesting to Visit

Once your request has been submitted, someone from the Activities Department will be in contact with you to confirm your request. Please be advised that your request is not complete or scheduled unless it is confirmed by an Activities staff member. Any visitors that arrive at the facility without a CONFIRMED visit request will not be able to visit and will be asked instead to schedule and receive confirmation prior to returning. Please allow up to 24 hours for confirmation.

Visitation is limited to four families per day and is available on a first come first serve basis within the hours indicated. In order for more residents to be able to visit with loved ones, we ask that visitors are limited to every other week dependent on availability. Additional visits may be accommodated when possible.

In order to provide visitation for more residents, our facility is adhering to a strict schedule. Please be mindful of appointments for visitation and arrive at your scheduled time. Late arrivals may be asked to reschedule.

\*Residents that near end of life, with progressive cognitive decline (e.g. Alzheimer's disease) and/or residents expressing feelings of loneliness will have prioritized visits.

### **Location and Number of Visitors – Per visit**

Only TWO visitors are allowed per visit – We understand the need for resident and visitor interaction, but we also want to ensure that we are cautious in the number of visitors we are having in the facility to protect both staff and other residents. Children twelve (12) years of age and over count as part of the two visitor limit. Also, per the PA DOH Guidance for Reopening, Children must wear a mask and be adequately supervised to ensure social distancing and infection control.

Outdoor visits pose a lower risk of transmission and will be the preferred visit location if weather permits and based on the resident's condition. The location of your visit will be given to you when you are contacted to confirm your visit. The location of your visit will be in a "neutral zone" that is not a resident care area. These areas will have an increased cleaning rotation due to the visits that will be taking place. Most visits will take place in the facility's social center, back area, to allow privacy for you and your loved one.

Some visits will be scheduled outdoors (weather permitting) on the front patio area at the round tables with table umbrellas. The facility will do its best to forecast inclement weather; however, if inclement weather is present, staff will assist you indoors through the lobby entrance and you will be able to

complete your visit in the facility lobby. If you do not want to have a visit outdoors, please inform us and we will do our best to accommodate you for an indoor visit in one of the neutral zone areas

### Potential In-Room Visits

The facility will determine whether or not your loved one can be transported safely to the visitation area before confirmation of location of your visit and inform you once their capability has been established. For those visits that have been deemed necessary to visit in the resident room, additional PPE is required to prevent the spread of any infection. Those in this category will be required to wear gown, gloves, masks, and be required to appropriately don and doff this PPE once exiting the resident room. Staff will assist in showing you the appropriate technique in utilizing the additional PPE once you arrive at the facility for your visit after confirmation. Visitors will be walked to and from resident rooms by a staff member and must remain in the room for the duration of the visit.

### **Required Personal Protective Equipment (PPE) and Infection Control During Your Visit**

For any visit, it is required that all people involved in the visit are wearing mask or face covering. If you do not have a mask/face covering, a mask will be provided to you. You must wear your mask/face covering at all times during your visit. A mask/face covering is worn properly when it covers your nose and your mouth. A mask/face covering is one of the best tools that help prevent the spread of COVID-19 not just for your self, but for the resident as well. Please ensure you are using an alcohol based hand rub which is available at the reception desk before and after your visit.

Visitors must maintain 6 feet of social distancing at all times unless the resident is fully vaccinated (at least 14 days since 2<sup>nd</sup> dose of vaccine) and has agreed to physical contact.

Food and Drinks are not allowed to be consumed during the visit. Your loved one will be wearing a mask/face covering as applicable.

Not following proper mask use, social distancing, or infection control will increase the potential of spreading infection.

### **What to Expect the Day of the Visit**

If at any time you are not feeling well and have a cough, fever, sneezing, cold symptoms, flu symptoms, gastrointestinal issues, runny nose, etc. please do not visit the facility.

When you enter the facility:

The receptionist will provide a mask to you if you do not have one available. You will also be required to have your temperature taken. If you have an elevated temp (99.5 or higher) or are exhibiting the aforementioned symptoms, you will be asked to leave the facility.

Once you have cleared the screening, please have a seat in the lobby. A staff member will bring you to your visit location. Do not attempt to visit your family member in their room. Your loved one will be transported to your visit location and also taken back to their resident area once the visit is complete.

**Questions**

Please contact Brookside Healthcare and Rehabilitation Center at (215) 884-6776, you will be directed to the appropriate person that can best answer your questions. Thank you and stay safe!