

# Information to support education for care homes

We understand the challenges care home staff are facing as a result of the Covid-19 pandemic and have compiled this document of useful resources to support you during this time. We hope you find them useful.

## Healthcare organisations

Information about PPE:

[www.england.nhs.uk/coronavirus/primary-care/infection-control/](http://www.england.nhs.uk/coronavirus/primary-care/infection-control/)

British Geriatrics Society have developed guidance to help care home staff and NHS staff who work with them to support residents through the Covid-19 pandemic:

[www.bgs.org.uk/resources/covid-19-managing-the-covid-19-pandemic-in-care-homes](http://www.bgs.org.uk/resources/covid-19-managing-the-covid-19-pandemic-in-care-homes)

The Royal College of GP's coronavirus resource hub which includes a palliative care section:  
[elearning.rcgp.org.uk/mod/page/view.php?id=10389](http://elearning.rcgp.org.uk/mod/page/view.php?id=10389)

NHS Clinical Guide for Management of Palliative Care in Hospitals during the coronavirus pandemic:

[www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0081-Speciality-guide-Palliative-care-and-coronavirus-FINAL-02.04.20.pdf](http://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0081-Speciality-guide-Palliative-care-and-coronavirus-FINAL-02.04.20.pdf)

NHS Advance Care Planning:

[www.nhs.uk/conditions/end-of-life-care/?tabname=planning-ahead](http://www.nhs.uk/conditions/end-of-life-care/?tabname=planning-ahead)

NHS A-Z list of medicines and how to take them:

[www.nhs.uk/medicines/](http://www.nhs.uk/medicines/)

Mental Capacity Assessment:

[www.scie.org.uk/care-providers/coronavirus-covid-19/mca](http://www.scie.org.uk/care-providers/coronavirus-covid-19/mca)

## Visual support

Putting on PPE:

[youtu.be/JEnuKKY04Bc](https://youtu.be/JEnuKKY04Bc)

### Health Education England

Temperature measurement:

[www.youtube.com/watch?v=UxE6J9YBxqs](http://www.youtube.com/watch?v=UxE6J9YBxqs)

Oxygen saturation measurement:

[www.youtube.com/watch?v=QabKghrtXps](http://www.youtube.com/watch?v=QabKghrtXps)

Measuring blood pressure:

[www.youtube.com/watch?v=G8QkaAyyqatE](http://www.youtube.com/watch?v=G8QkaAyyqatE)

Measuring blood sugar:

[www.youtube.com/watch?v=jg5cl2P3RRA](http://www.youtube.com/watch?v=jg5cl2P3RRA)

Administration of injection video guide and paper prompts:

[youtu.be/KKHqOXDgX5c](https://youtu.be/KKHqOXDgX5c)  
[subcut.helixcentre.com](http://subcut.helixcentre.com)

### St Christopher's: breathlessness

Four videos designed to give people advice about managing breathlessness:

[www.stchristophers.org.uk/videos/managing-breathlessness/](http://www.stchristophers.org.uk/videos/managing-breathlessness/)

## Downloadable forms (for your internal use)

The forms listed below are available for you to download and use at [www.stchristophers.org.uk/health-professionals/resources](http://www.stchristophers.org.uk/health-professionals/resources):

- Continuous drug stock balance chart
- Continuous subcutaneous infusion syringe driver charts
- Guidelines when using syringe pump community charts
- Infusion administration record checklist
- PRN (as required) SC injection chart
- Regular and Single Stat Dose (SC and IM) Injections Chart.

## St Christopher's guidance documents (for printing)

Verification of death in Covid-19 pandemic:  
[www.stchristophers.org.uk/wp-content/uploads/2020/04/44478CH2.pdf](http://www.stchristophers.org.uk/wp-content/uploads/2020/04/44478CH2.pdf)

Bereavement:  
[www.stchristophers.org.uk/leaflets/bereavement](http://www.stchristophers.org.uk/leaflets/bereavement)

Advanced Care Planning:  
[www.stchristophers.org.uk/leaflets/advance-care-planning](http://www.stchristophers.org.uk/leaflets/advance-care-planning)

Information and guidance on medicines used in symptom control:  
[www.stchristophers.org.uk/leaflets/medicine](http://www.stchristophers.org.uk/leaflets/medicine)

Physiotherapy guidance on managing breathlessness and anxiety:  
[www.stchristophers.org.uk/leaflets/breathlessness](http://www.stchristophers.org.uk/leaflets/breathlessness)

Coping with feelings of depression:  
[www.stchristophers.org.uk/leaflet/coping-with-feelings-of-depression](http://www.stchristophers.org.uk/leaflet/coping-with-feelings-of-depression)

Coping with dying:  
[www.stchristophers.org.uk/leaflets/coping-with-dying](http://www.stchristophers.org.uk/leaflets/coping-with-dying)

## Support for families and people caring for someone in their home

### Age UK

What to do if I'm feeling anxious about coronavirus (Covid-19):  
[www.ageuk.org.uk/information-advice/coronavirus/coronavirus-anxious/](http://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-anxious/)

Doing your shopping during the coronavirus pandemic  
[www.ageuk.org.uk/information-advice/coronavirus/doing-your-shopping--coronavirus-advice/](http://www.ageuk.org.uk/information-advice/coronavirus/doing-your-shopping--coronavirus-advice/)

Preparing to stay at home (for those who are most at risk)  
[www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/preparing-to-stay-at-home/](http://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/preparing-to-stay-at-home/)

### Carers UK

How to protect someone you care for  
[www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19](http://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19)

### Cruse Bereavement Care

Coronavirus: dealing with bereavement and grief  
[www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

### Marie Curie

Advice on understanding Covid-19 if you're affected by a terminal illness:  
[www.mariecurie.org.uk/help/support/coronavirus](http://www.mariecurie.org.uk/help/support/coronavirus)

If something happens to you as a carer:  
[www.mariecurie.org.uk/help/support/being-there/support-carers/emergency-plan](http://www.mariecurie.org.uk/help/support/being-there/support-carers/emergency-plan)

Helping someone to take their medicine:  
[www.mariecurie.org.uk/help/support/being-there/caring/medication](http://www.mariecurie.org.uk/help/support/being-there/caring/medication)

Managing medications from storage to planning:  
[www.mariecurie.org.uk/help/support/terminal-illness/medication-pain-relief/managing-medications](http://www.mariecurie.org.uk/help/support/terminal-illness/medication-pain-relief/managing-medications)

Using a syringe driver at home to help manage symptoms  
[www.mariecurie.org.uk/help/support/terminal-illness/medication-pain-relief/syringe-drivers](http://www.mariecurie.org.uk/help/support/terminal-illness/medication-pain-relief/syringe-drivers)

If you are unable to visit someone who is dying, what can you do instead?  
[www.mariecurie.org.uk/help/support/coronavirus#visiting](http://www.mariecurie.org.uk/help/support/coronavirus#visiting)