

GUIDELINES FOR TREATMENT OF NURSING HOME RESIDENTS WITH COVID-19 IN DENMARK

A GUIDE FOR GENERAL PRACTITIONERS (GP)

[LINK TO GUIDELINES FOR TREATMENT OF NURSING HOME RESIDENTS WITH COVID-19](#)

Case – atypical symptoms of Covid-19

86 years old resident with severe dementia is found lying on the floor. He is extremely tired and the staff notice that the pupils are small, which is interpreted as a sign of pain. The next day he is tired, has difficulties sitting, he is not able to stand or walk. There is no fever and no symptoms from the airways. The following days the temperature is appx. 37,5 C, He sleeps most of the time sitting in his chair, but reacts when contacted. He develops fecal incontinence. Day 7 he is tested positive for COVID-19.

14 days later he has recovered and is in his habitual state.

Aim

GPs in Denmark are responsible for the medical treatment of nursing home residents. In Denmark the death rate from COVID-19, in patients 80 years old and above, is approximately 30%, and nursing home residents are particularly at risk. As the disease is new, the GPs have little experience in treating these patients. The aim of the guideline is to guide and facilitate GPs' treatment of nursing home residents diagnosed with COVID-19.

Methods

Relevant literature was identified and reviewed, and a guideline was produced and submitted for consultation with medical organizations and specialists experienced with COVID-19 patients.



Result:

An evidence-based guideline was agreed for Denmark. It focuses on the following areas for care home residents:

1. Symptoms of COVID-19 in the elderly multimorbid patient.
2. Treatment level regarding hospitalization, life-prolonging treatment, CPR if cardiac arrest, communication with patient and relatives; assessment and documentation.
3. Tools to identify palliative needs.
4. General treatment principles of COVID-19 in nursing homes.
5. Treatment-options when mild to moderate COVID-19.
6. End of life treatment of patient with COVID-19.
7. Referral information when indicated.



Conclusion / lessons learned:

Many residents in nursing homes are too ill to benefit from intensive care treatment in hospitals. These patients, who are at great risk of dying from the infection, need relevant, compassionate and proper care at home.

The guideline is a tool to enable GPs to provide care according to best practice in 2020.

We found a huge demand for this guideline. Revision and updating will be performed regularly, but it will be a challenge to keep up with new knowledge emerging from the present worldwide scientific activity.

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