

**CREATIVE THERAPY,
NURSING/RESTORATIVE
INTERVENTIONS AND COVID-19
RECOVERY**

ISOLATION AND LONELINESS

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OBJECTIVES

- Describe the difference between loneliness and isolation.
- Describe the impact of loneliness and isolation on our patient population.
- Identify warning signs of isolation and failing health in our patient population.
- Identify physical functioning disturbances resulting from isolation.
- Identify strategies to reduce the effects of loneliness and isolation on our patient population.



EFFECTS OF SOCIAL ISOLATION

ISOLATION OR LONELINESS?

- Isolation (Objective) - When a person does not have enough people to interact with
- Loneliness (Subjective) - Distress over not having enough social relationships or contact with other people



EFFECTS OF SOCIAL ISOLATION

- Social distancing is essential to flatten the curve and preserve life.
- Distancing is likely to increase feelings of isolation and loneliness any population.
- The elderly are far more at risk to develop feelings of loneliness and isolation.



EFFECTS OF SOCIAL ISOLATION

Within our elderly populations, we can expect to see the following:

- Decline in physical mobility
- Decreased autonomy
- Increased vulnerability to infections other than COVID-19
- Cognitive decline
- Exacerbation of chronic health conditions



EFFECTS OF SOCIAL ISOLATION

- Prolonged social isolation physically changes the shape and function of your brain.
 - Hippocampus
 - Amygdala
- Plasticity?



EFFECTS OF SOCIAL ISOLATION

- NOT ALL PEOPLE ARE AFFECTED IN THE SAME WAY!
- Technology may play an important role in reducing feelings of isolation.
- Not all individuals are tech savvy.
- Social isolation and loneliness **DO NOT ALWAYS** go together.



EFFECTS OF SOCIAL ISOLATION

- Loneliness is a subjective feeling – different for all.
- Social isolation: not being around people or having close connections.

What is *meaningful* to you?



WARNING SIGNS AND SYMPTOMS

- Physical SIGNS and SYMPTOMS:
 - Aches/Pains
 - Muscle Tension
 - Headaches
 - Worsening of existing medical condition



WARNING SIGNS AND SYMPTOMS

- Mental health conditions:
 - Increased depressive state
 - Drastic mood changes
 - Anxiety
 - Paranoia
 - Panic attacks



WARNING SIGNS AND SYMPTOMS

- Dietary problems
 - Loss of appetite
 - Sudden weight gain or loss



WARNING SIGNS AND SYMPTOMS

- Expressions of generalized **NEGATIVE** feelings
 - Worthlessness
 - Hopelessness
 - Thoughts of suicide



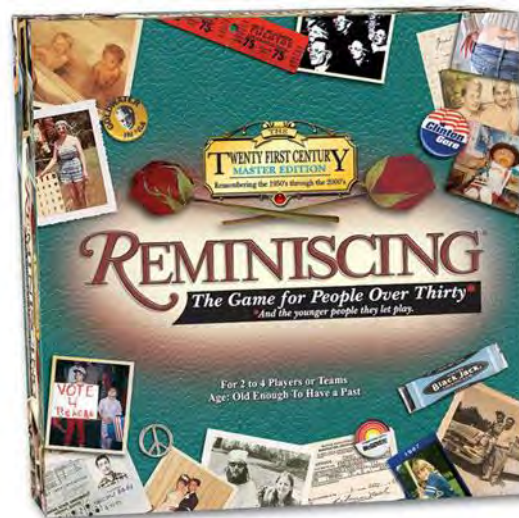
STRATEGIES

- Arts and Crafts
 - Painting
 - Scrapbooking
 - Mosaic works



STRATEGIES

- Games to challenge the mind:
 - BINGO!
 - Chess – maybe a tournament or perhaps chess lessons
 - Reminiscing – 2-4 players



STRATEGIES

- Developing purpose
 - Letter writing campaign
 - Performance of routine duties
 - Peer to peer support





THE POWER OF TOUCH

**OF OUR FIVE SENSES, TOUCH IS
THE ONLY ONE THAT IS ESSENTIAL
TO LIFE!**

FUNCTIONAL CARRY OVER

- Senior citizens receive the **LEAST** amount of touch out of any age group
- Mental well-being can often be accomplished by the simple but profound act of gentle, soothing touch
 - Sense of value
 - Our bodies are designed to experience touch



FUNCTIONAL CARRY OVER

- Touch may help alleviate symptoms of depression
- Touch may help the bereaved (may not be mourning a loved one lost)
- Touch can reduce anxiety among other benefits
 - Pain reduction
 - Improved pulmonary function
 - Lower blood glucose
 - Improve immunity



IMPLEMENTING TOUCH IN DAILY CARE

- Active / Active Assistive ROM in ADL activities
- PROM for those with less mobility
- Light massage to key stress points
 - Hands
 - Feet
 - Calves
 - Shoulders



FUNCTIONAL CARRY OVER

In supporting **MEANING** and **PURPOSE** in life of nursing home residents, the residents' everyday well-being should be a central focus of care and facilitate personally treasured activities. *Focused attention* should also be given to the meaning-making power of experiencing belonging, recognition, and spiritual connectedness.



FUNCTIONAL CARRY OVER

- Incorporate function into everyday tasks
 - Support but don't do for
 - Create choices not limitations
 - Encourage participation



FUNCTIONAL CARRY OVER

- Goals:

- To return to or maintain an individual at their highest practical functioning

- Physical
- Mental
- Psychosocial

#Goals



FUNCTIONAL CARRY OVER

- Think MDS and Restorative Nursing Programing!
 - Many of the functional items related to MDS and Restorative lend themselves to creative interventions that could be performed by staff in routine care
 - Don't be afraid to think **OUTSIDE THE BOX**
 - Not formal – have fun with it!



FUNCTIONAL CARRY OVER

- Eating or swallowing
 - “Happy hour” with snacks and music
 - Continue to push hydration and nutrition
 - Can maintain safe distance while still feeling a part of a something meaningful

 - Play a “drinking game” – yes, this actually happened!



FUNCTIONAL CARRY OVER

- ADL: Grooming, Hygiene, and Dressing:
 - Focus on ability
 - Keep it interactive
 - When possible, keep to a schedule
 - Provide choices



FUNCTIONAL CARRY OVER

- Communication:
 - Not just functional speech or expression
 - People need to feel heard
 - Provide an opportunity to listen and interact in a meaningful way



FUNCTIONAL CARRY OVER

- Locomotion
- Create a competition related to a walking distance goal
- Invent a wheelchair parade
- Encourage appropriate group exercise
 - Engage a resident to teach an exercise class
 - Limit participation to appropriate size for social distancing
 - Group based on like kind ability to foster competition



FUNCTIONAL CARRY OVER

Success is achieved and
maintained by those who try
and keep trying.

W. Clement Stone

 quote fancy



WHAT ABOUT THERAPY?

- Intervene to reverse physical declines
- Pain reduction techniques
- Provides socialization
- Establish functional programming for Restorative Care
- Participate in ongoing Q&A
- Help to stabilize certain QM's



DISCUSSIONS

- What have you identified as a barrier in your situation?
- What have you witnessed that would benefit the audience?
- Any unique stories or scenarios?

COLLABORATION IS THE KEY TO SUCCESS!

