

Kent Adult Social Care Provider Bulletin



Friday 8th January 2021

Reminder of what to do when testing residents and when admitting someone to a care home

Residents who have been diagnosed with Covid-19 should not be included in regular PCR testing until 90 days after their initial onset of symptoms, or, if asymptomatic when tested, their positive test result. If they develop new symptoms, they should be isolated and retested.

Public Health England (PHE) advise that, you can still detect positive results several weeks after the individual has recovered. The detection of the virus from the respiratory tract is highest around the time of symptom onset and gradually declines over time. It is important to note that detecting the virus does not indicate that the virus is fully intact and infectious. i.e. able to cause infection in other people.

For further details, please refer to official guidance on the PHE website.

Additional designated bed guidance below, also states that people at the end of their 14 day isolation period, can move to their usual or new place of residence in another care setting without the need for a further Covid-19 test or further isolation. Repeated periods of isolation could adversely impact on an individual's health and wellbeing. The period of isolation in the designated setting would mean it was not necessary to isolate individuals for a further 14 days on admission to a care home, though this is ultimately a care home provider's decision.

Link to new guidance <https://www.gov.uk/government/publications/designated-settings-for-people-discharged-to-a-care-home/discharge-into-care-homes-designated-settings>

Please continue to support our NHS colleagues and our health and care partners at this critical time by following this process when accepting new residents into your service.

Test and Trace App

Please follow the link below from the NHS, reminding staff not to activate their NHS Test and Trace app whilst they are working in health and social care settings.

[Read about how and when to pause contact tracing](#)

Case study: Kara carephone



Spencer House is a residential home with 25 beds in Birchington, Kent. Their residents often arrive with high medical needs, mobility issues and physical disabilities.

Dawn is the office manager and ensures the smooth running of the home. She joined in April and was previously a carer, so understands how pressurised the role is, and how difficult it has been for residents without visits from family members during the

Covid-19 pandemic.

When Dawn became aware of the Kara service, provided by Kent County Council, she immediately applied. She said the device has been 'life changing'.

Before they received the device, relatives would have to call their mainline number, meaning that for hours of the day, they could not undertake any other business by phone or accept other calls.

She explains: "We leave the Kara device plugged in permanently on the middle floor and when someone calls, we take it to the appropriate resident who can chat for as long as they like. We have over 22 contacts on the carephone and it has been extremely popular. We've had it for over two months and receive approximately 14 calls a week.

"The picture quality and sound is brilliant. It's like they are seeing a real person and so much better than a phone call or a window visit - as it is hard to hear people – but this is lovely and so clear."

She continues: "Every resident can use it. The first time they use it, you can see the smile on their faces. One gentleman told me it is 'absolutely marvellous'."

Dawn says that Covid stopped so many activities they normally have at this time of year, and that the prospect of Christmas without families around was very disheartening. But one of their volunteers spotted an opportunity and has started a carol and music session every week using the video carephone.

"Carols by Caroline is so popular with residents and brings so much joy to the house, we all love it," Dawn says.



She concludes: "There is such a great benefit to being able to see your loves ones, it lifts their emotional wellbeing and their spirits so much, so they don't feel cut off. It has made a huge difference and gives us a boost to see the residents happy and excited.

What is also great is that it does not tie up our phone lines anymore, and we do not get complaints from GPs that they cannot get through. It has released the space and time for us to get on with our jobs while residents get to spend quality time with their families.

"It works for us and has worked for them. We would not be without it now! Thank you Kent County Council"



If you know anyone who would benefit from the device, please email karaservice@kent.gov.uk

Covid-19 vaccinations

The government has approved the use of two vaccines in the UK and has set out their priorities for the order of rolling out the vaccinations.

More info can be found here: <https://www.kentandmedwayccg.nhs.uk/your-health/coronavirus/covid19vaccine>

Rapid-result testing is now available across Kent

Around 1 in 3 people with COVID-19 do not have any symptoms but can still pass it on to others. If you leave the house for work or essential activities, it is important to book regular, symptom-free coronavirus tests. Do not be the reason you unknowingly spread the virus.

Rapid-result coronavirus (COVID-19) testing for people who do not have symptoms is being rolled out across Kent. The testing will find people who do not currently have symptoms, who may be unknowingly spreading the virus in the community and the sites are part of a rolling programme to help reduce the rates of transmission in Kent.

Symptom-free tests can now be booked at the following testing sites, with tests available daily from 9am to 7pm.

- Northfleet Youth Club, Hall Road, Gravesend DA11 8AJ
- Swanley Youth Club, St Mary's Road BR8 7BU
- Dover Discovery Centre, York St CT16 1PH
- Folkestone Library. 2 Grace Hill, Folkestone CT20 1HD
- Unit 1 Eurogate Business Park, Thomson Rd, Ashford TN24 8XW
- Kent Show Ground, Detling ME14 3JF
- Kemsley Community Centre, Ridham Avenue, Kemsley ME10 2SF
- The Centre, Birchington, Alpha Rd, Birchington CT7 9EG
- Sidney Cooper Gallery, 22-23 St Peter's St, Canterbury CT1 2BQ
- Larkfield Library Martin Square, Larkfield, ME20 6QW
- Fairfield Leisure Centre, Lowfield Street, Dartford DA1 1JB
- Assembly Hall Theatre, Crescent Rd, Tunbridge Wells TN1 2LU



You have a lateral flow swab test and will receive your result by text or email within a couple of hours of attending the test. If you test positive you will need to self-isolate, follow the national guidance and have a PCR test to confirm the positive result. If you are negative, you must still continue to observe social distancing guidelines, wear a mask in public and regularly wash your hands.

This sort of testing will be particularly useful for those who cannot stay at home and have increased level of contact with others (such as shopworkers, volunteers, carers, children still attending school and childcare providers). Residents who do not have symptoms should look to get retested every 2 weeks and it advised that the whole household gets tested at the same time.

[Book a test if you have no coronavirus symptoms >>](#)

These sites are in addition to the regional and local testing sites for people who have symptoms. If you have symptoms you should NOT use one of our symptom-free testing sites but instead book a PCR test for those with Coronavirus symptoms.