

Review Sheet

Last Reviewed 01 Feb '22	Last Amended 01 Feb '22	Next Planned Review in 12 months, or sooner as required.
Business impact	MEDIUM IMPACT Changes are important, but urgent implementation is not required, incorporate into your existing workflow.	
Reason for this review	Change in legislation	
Were changes made?	Yes	
Summary:	This policy will support and enable safe visiting out of the care home. It has been reviewed following the update of the 'Guidance on Care Home Visiting'. It has been checked to ensure it remains current and updates made in sections 5.2 and 5.12 in relation to isolation requirements when visiting out of the care home. The isolation period has also been updated to reflect guidance of a 10 day period. References also checked to ensure they remain current.	
Relevant legislation:	<ul style="list-style-type: none"> • Management of Health and Safety at Work Regulations 1999 • Mental Capacity Act 2005 • Coronavirus Act 2020 • The Personal Protective Equipment Regulations 2002 	
Underpinning knowledge - What have we used to ensure that the policy is current:	<ul style="list-style-type: none"> • Author: Department of Health and Social Care, (2022), <i>Admission and care of residents in a care home during COVID-19</i>. [Online] Available from: https://www.gov.uk/government/publications/coronavirus-covid-19-admission-and-care-of-people-in-care-homes/coronavirus-covid-19-admission-and-care-of-people-in-care-homes#annex-b [Accessed: 1/2/2022] • Author: Department of Health and Social Care, (2022), <i>Visiting arrangements in care homes</i>. [Online] Available from: https://www.gov.uk/government/publications/arrangements-for-visiting-out-of-the-care-home [Accessed: 1/2/2022] • Author: Cabinet Office, (2021), <i>COVID-19 Response - Autumn and Winter Plan 2021</i>. [Online] Available from: https://www.gov.uk/government/publications/covid-19-response-autumn-and-winter-plan-2021/covid-19-response-autumn-and-winter-plan-2021 [Accessed: 1/2/2022] 	
Suggested action:	<ul style="list-style-type: none"> • Encourage sharing the policy through the use of the QCS App • Share 'Key Facts' with all staff • Ensure relevant staff are aware of the content of the whole policy 	
Equality Impact Assessment:	QCS have undertaken an equality analysis during the review of this policy. This statement is a written record that demonstrates that we have shown due regard to the need to eliminate unlawful discrimination, advance equality of opportunity and foster good relations with respect to the characteristics protected by equality law.	



1. Purpose

1.1 To ensure there are clear procedures at Winash Rest Home to support Residents who wish to visit out of Winash Rest Home.

Visits with friends and family that take place in the garden at Winash Rest Home, in other outdoor spaces on the premises of Winash Rest Home or within Winash Rest Home are addressed in the Visitors Policy and Procedure.

1.2 To support Winash Rest Home in meeting the following Key Lines of Enquiry:

Key Question	Key Lines of Enquiry
SAFE	S1: How do systems, processes and practices keep people safe and safeguarded from abuse?
SAFE	S5: How well are people protected by the prevention and control of infection?
WELL-LED	W2: Does the governance framework ensure that responsibilities are clear and that quality performance, risks and regulatory requirements are understood and managed?

1.3 To meet the legal requirements of the regulated activities that {Winash Rest Home} is registered to provide:

- | Management of Health and Safety at Work Regulations 1999
- | Mental Capacity Act 2005
- | Coronavirus Act 2020
- | The Personal Protective Equipment Regulations 2002



2. Scope

2.1 The following roles may be affected by this policy:

- | Registered Manager
- | Other management
- | Care staff
- | Activities

2.2 The following Residents may be affected by this policy:

- | Residents

2.3 The following stakeholders may be affected by this policy:

- | Nominated Visitor
- | Essential Care Provider
- | Attorney for Health and Welfare
- | Other visitors who are not essential care providers, nominated visitors



3. Objectives

3.1 To ensure there is clarity on Government guidance regarding visits out of Winash Rest Home, when self-isolation needs to take place and the support and supervision required for the different types of visits out of Winash Rest Home.

This policy is subject to change in line with changes in Government guidance.



4. Policy

4.1 Winash Rest Home is committed to ensuring the safety and wellbeing of the people it cares for and all its staff. We recognise the impact the COVID-19 pandemic has had on everyone at Winash Rest Home and will ensure that we support Residents to live the lives they choose and have the freedom to meet with friends, relatives and loved ones in line with current national guidance.



5. Procedure

5.1 Communication

The aim of Winash Rest Home is to support Residents to meet safely with their friends and families in line with Government COVID-19 restrictions and guidance. Visiting has been challenging and distressing. Winash Rest Home is aware that media stories do not always reflect the guidance and will ensure that there is clear and compassionate communication with Residents and their loved ones.

5.2 Risk Assessments

Decisions about an individual Resident's visits outside of Winash Rest Home will be taken by the Registered Manager on an individual-by-individual basis with the Resident's personal needs and circumstances considered.

All Residents, regardless of vaccination status, should not normally need to self-isolate following a visit out, but a risk assessment should be completed with consideration given to:

- | The number of people involved in the visit (and whether they are 'usual contacts' of the Resident or people they do not usually mix with)
- | If the vaccination status of those involved in the visit is known or not
- | Whether those involved in the visit have received a recent negative lateral flow test result
- | The characteristics of the setting (for example, enclosed settings would be higher risk than open air settings)

Winash Rest Home will balance this against a consideration of the risks to others in Winash Rest Home in the event that the Resident becomes infected on their visit, and the ability of Winash Rest Home to isolate the Resident on their return, where this is required. Local considerations should also be taken into account, including advice provided by the Local Director of Public Health and Director of Adult Social Care Services.

Where the visit outside of Winash Rest Home is considered high risk, such as an unplanned overnight stay in a hospital, the Resident will be required to isolate upon their return. The Resident may still be able to undertake visits outside of Winash Rest Home during the isolation period if:

- | A risk assessment by Winash Rest Home shows they can avoid other Residents
- | They are not visiting another social care setting
- | Consideration is given to the vulnerability of those they will be visiting

5.3 COVID-19 Variants of Concern and/or Rising Cases

Where Winash Rest Home is situated in a local community with high or rapidly rising levels of infection, and/or where there is evidence of variants of concern (VOCs), the Registered Manager will seek additional, local advice from directors of public health before agreeing to visits out of the home that do not require self-isolation.

5.4 Care Plan

Things to be considered within the Care Plan ahead of any visits away from Winash Rest Home include:

- | The nature of the planned visit, the intended activities and where the Resident will be spending time. Some types of visits are inherently safer, such as visiting outdoor or well-ventilated spaces. Some are inherently riskier – such as indoor public spaces where other people will be present – and should be avoided. The number of different locations visited should be minimised
- | The support needs that the Resident may have during the visit, and whether the Resident will need to be accompanied by a staff member, carer, family member or friend. Wherever possible those accompanying the Resident should have received a negative lateral flow test on the day
- | How the Resident will be supported to follow good infection control practice including social distancing, hand hygiene and face coverings – and whether the Resident's needs are likely to impact their ability

Winash Rest Home

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to do so

- Transport for the visit, which should avoid exposing the Resident to those outside the household they are visiting, for instance by [travelling in a family car or private taxi](#)

5.5 The number of people the Resident has contact with must be kept to a minimum, where possible (and to those who have completed a lateral flow test).

5.6 To support safe visits out of care homes, the necessary precautions in relation to COVID-19 should be followed which include:

- If appropriate, Residents being accompanied by:
 - A member of staff at Winash Rest Home
 - Their essential care giver
- Residents avoiding crowded places
- Residents avoiding people they do not usually spend time with regularly
- Residents avoiding using public transport where possible, especially at peak times. Travelling in a family car or private taxi is an acceptable alternative
- Care Workers being provided with the correct PPE to support the visit where they are accompanying the Resident and required to undertake care. The means the safe storage and disposal of PPE should also be considered
- Vaccination against COVID-19 will reduce the transmission and it is strongly recommended that visitors and Residents take the opportunity to be vaccinated where possible, including any booster vaccinations

5.7 If a visit out does take place, all members of the household involved in the visit must have had a negative result from a COVID-19 test, taken immediately preceding the visit out (they should also be free of any COVID-19 symptoms, and if they have previously tested positive, have completed the necessary isolation period). The test could be taken when the family comes to Winash Rest Home to collect the Resident for the visit. Winash Rest Home will make use of the lateral flow devices they have been supplied with for this purpose.

If a member of the household involved in the visit tests positive, the visit cannot go ahead. The individual with the positive test should immediately [self-isolate in line with current Government guidance](#).

The Resident and anyone accompanying them, such as a member of staff, must also be tested immediately before their visit out of Winash Rest Home with a lateral flow device (LFD), and if the result is positive, the visit should not go ahead.

The Resident should be immediately isolated in Winash Rest Home and contact with the local health protection team should be made urgently. The member of staff should also follow self-isolation guidelines.

There is separate [guidance on regular testing for care home residents](#), including advice where the Resident has previously tested positive within 90 days.

Where the Resident is visiting out to somewhere with an existing testing regime, such as a day centre, then they should participate in the relevant testing regime for that organisation where possible.

During the course of a visit, the Resident and those they are visiting are advised to maintain social distancing, wash hands regularly, let plenty of fresh air into rooms by opening windows and doors, and wear a face covering where required.

5.8 While on the visit out of Winash Rest Home, Residents must follow all [national coronavirus restrictions](#) that apply at the time, relating to gathering and household mixing.

For the purposes of following national coronavirus restrictions, Winash Rest Home is considered to be one household. While the regulations do create some situations in which a Resident could technically form a support bubble with another household, this is not recommended.

5.9 Visits Away from Winash Rest Home

Some activities which present a low risk for Residents may include:

- Medical appointments, excluding overnight stays in hospital
- Visiting day centres, places of worship and other activities to maintain an individual's health and wellbeing
- Attending educational settings
- Going to work
- Overnight stays with family or friends

5.10 Travel Abroad

Residents are advised to limit the amount of international travel they undertake even if they are fully vaccinated. Where they do travel the correct guidance must be followed, further information can be found [here](#).

5.11 Voting and Leaving Winash Rest Home

Where the visit out of Winash Rest Home includes visiting a polling station, the following additional measures must be in place:

- Residents must be accompanied to the polling station by a member of staff from Winash Rest Home to help facilitate a safe journey
- Residents (and staff accompanying them) must adhere to all social distancing measures in place at the polling station

Where Residents are registered to vote, Winash Rest Home will take all reasonable steps to support them to do so.

An emergency proxy vote can be obtained by 5pm on polling day if adhering to coronavirus advice/guidance would prevent a Resident from going to the polling station. This would be the case where a Resident has tested positive for COVID-19, or there has been an outbreak in Winash Rest Home.

5.12 Returning from a Visit

When the Resident returns to Winash Rest Home following the visit, they will be supported to return without the need to self-isolate and will adhere to the required testing regime, where it is deemed a low risk visit and they are fully vaccinated.

For those Residents returning from a high-risk visit, such as an unplanned hospital stay or Residents that have not had at least 2 doses of the vaccine, and are not exempt from vaccination, must self-isolate for a maximum of 10 days upon their return.

Isolation may be ended early for Residents who can undertake lateral flow testing, if the Residents are:

- Vaccinated (with their primary dose and any eligible booster dose) by taking a lateral flow test on day 4, 5 and 6, following their return to Winash Rest Home (day 0), and, where this is negative, they can end isolation
- Unvaccinated they should take a lateral flow test on day 6, 7 and 8, and, if negative, can end isolation

Where Residents cannot undertake a test, they must self-isolate for 10 days.

During the period of isolation within Winash Rest Home, the Resident may still be able to undertake visits outside of Winash Rest Home if:

- A risk assessment by Winash Rest Home shows they can avoid other Residents
- They are not visiting another social care setting
- Consideration is given to the vulnerability of those they will be visiting

At the end of the isolation period, assuming the Resident shows no symptoms, the Resident may return to the general community in Winash Rest Home.

5.13 In the Event of an Outbreak in Winash Rest Home

In the event of an outbreak, all movements in and out of a setting will be minimised as far as possible and limited to exceptional circumstances only, such as to visit a friend or a relative at the end of their life.

These restrictions will continue until the outbreak has been brought under control and Winash Rest Home has recovered – at this point outward visiting may be restarted but with the usual infection prevention and control measures and any enhancements required due to any risks identified following the recent outbreak.



6. Definitions

6.1 Outbreak

- An outbreak is defined as 2 or more confirmed cases of COVID-19 or clinically suspected cases of COVID-19 among individuals associated with a specific setting with onset dates within 14 days



Key Facts - Professionals

Professionals providing this service should be aware of the following:

- 1 For high-risk visits such as emergency hospital stays, the Resident must isolate upon their return in line with government guidelines
- 1 Visiting outside the home deemed to be low risk will not require the Resident to isolate upon their return where they are fully vaccinated and take a test in line with current government guidelines
- 1 In order to keep everyone safe, Residents and visitors must abide by the Visitor Code and this will be shared before the visit takes place



Key Facts - People affected by the service

People affected by this service should be aware of the following:

- 1 We will support you to visit outside Winash Rest Home and will make sure that the Government rules are followed to keep you safe
- 1 We absolutely recognise the difficulties and impact that not seeing loved ones face-to-face may have had and we are following Government advice closely to ensure your safety



Further Reading

As well as the information in the 'underpinning knowledge' section of the review sheet we recommend that you add to your understanding in this policy area by considering the following materials:

UK Government - Coronavirus:

<https://www.gov.uk/coronavirus>



Outstanding Practice

To be 'outstanding' in this policy area you could provide evidence that:

- 1 The wide understanding of the policy is enabled by proactive use of the QCS App
- 1 Winash Rest Home has completed thorough risk assessments, and Care Plans reflect visiting arrangements with details of how Residents maintain contact with loved ones
- 1 Relatives and Residents are positive about their experiences with how changes during COVID-19 have been communicated
- 1 All stakeholders have been involved in considering how Winash Rest Home can safely accommodate visits



Forms

Currently there is no form attached to this policy.