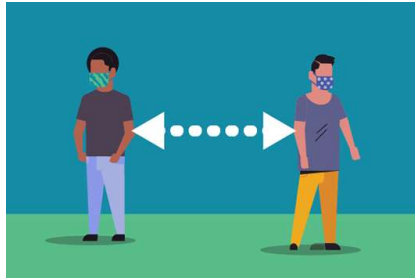


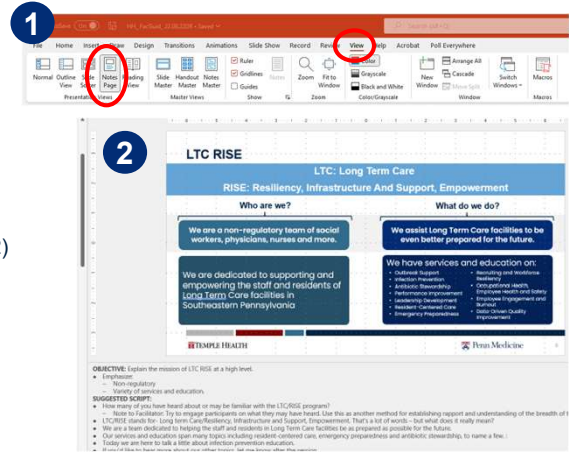
# Physical Distancing

Facilitator Guide



# How to Use This Facilitator's Guide

- ▶ **Printing out copies is not required.**
  - If you can, bring a print out of:
    - Slide 4 (session sign)
    - Slide 8 (Matchbook Slide)
  - You may want to print out the presentation for your own use. We recommend using Notes View (see picture 1)
  - If you can't print anything out – no worries! You can view the notes on your phone or laptop.
- ▶ Each slide has a guide in the notes section.
  - You can see guide at the bottom of slides (see picture 2) or note view
  - Each slide has an “Objective”. This is the main point you want to make sure participants understand.
  - There are “Facilitator Notes” throughout the Suggested Scripts. These are tips, or question answers for you as facilitator to use.



# Before Your Meeting

For Facilitator Use Only

## Schedule Presentation

- Confirm:
  - Date and time for presentation
  - Presentation is for staff and residents
  - The session will be 30 minutes
  - A separate room or space is preferred



## Prepare for Presentation

- Gather Materials
  - Pens
  - Sign in sheet
  - Tape Measure
  - Hand sanitizer
  - Optional:* Printed slides
  - Optional:* Paint-safe tape
  - Optional:* Print out of notes pages of presentation

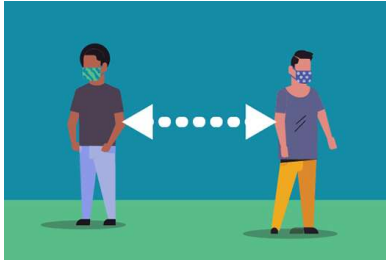


## Set up Presentation

- Set up space:
  - Clean workspace
  - Space chairs appropriately
  - Optional:* Display session sign



Welcome  
to the  
Long Term Care **RISE**  
Penn Medicine | TEMPLE HEALTH  
Session on  
**Physical Distancing**



- **Optional:** Hang this print out on the door of your meeting room



**OBJECTIVE:** Establish friendly connection with participants

**SUGGESTED SCRIPT:**

- Good Morning/Good Afternoon. My name is [*FACILITATOR NAME*].
- I am a [*FACILITATOR ROLE*].
- Our presentation for today is on Physical Distancing. We know this is a topic you may already be familiar with so today will be a refresher for some and may provide new information and insight for others.
- Please make sure you have signed in.

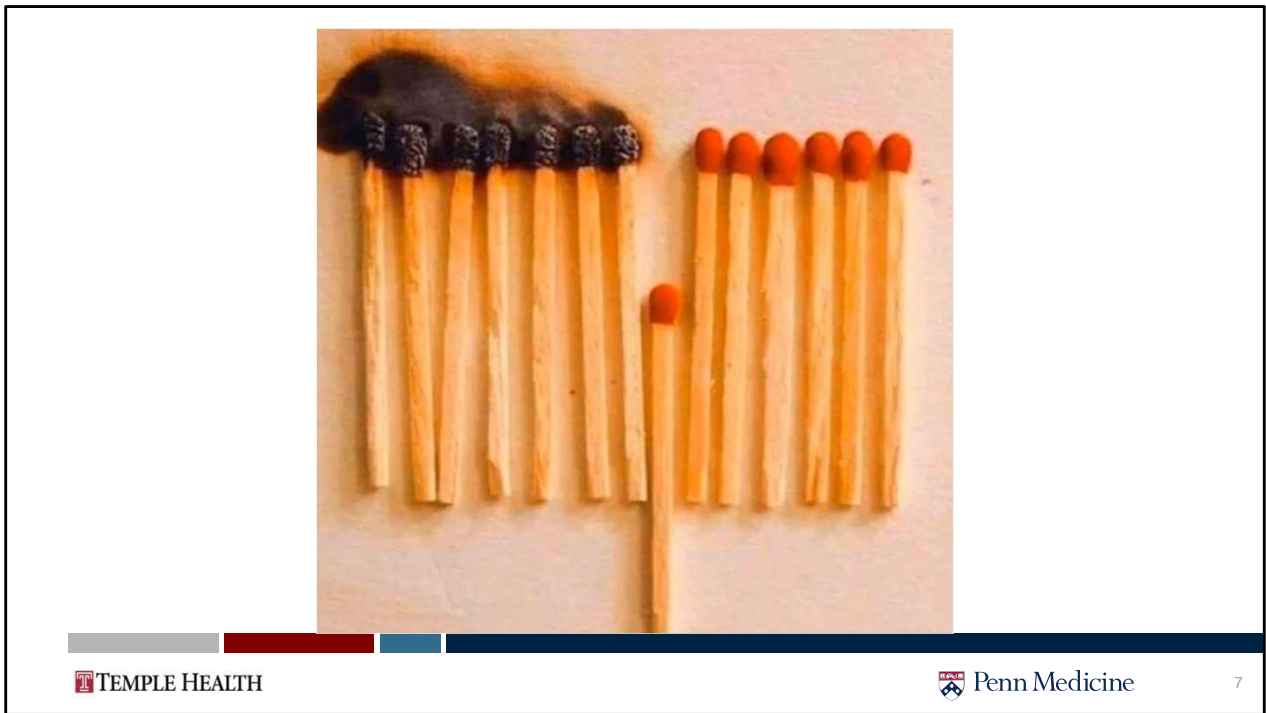


**OBJECTIVE:** Physical distancing guidelines are important especially during outbreak

- Emphasize:
  - Recognition that 6 feet at all times is not always possible.
  - During outbreak, follow guidelines as much as you can

**SUGGESTED SCRIPT:**

- What is physical distancing? We know that the guidance on physical distancing keeps changing. As of September 2022, the Pennsylvania Department of Health defined “Physical Distancing” – which is the new name for social distancing as:
  - It's important to keep a safe space between yourself and other people who are not from your household.
  - To practice physical distancing, stay at least 6 feet from other people who are not from your household in both indoor and outdoor spaces.
  - Avoid crowds and poorly ventilated indoor spaces.



**OBJECTIVE:** Illustrate how physical distancing can stop the spread of infection

**SUGGESTED SCRIPT:**

- Note to Facilitator: If you are able to project from your laptop, you can see an animated version here: <https://mymodernmet.com/social-distancing-matchstick-animation/>
- I want to give you a visual of the impact of Social distancing.
- Imagine if each of the match sticks was a person. The first seven people (match sticks) are infected because they are so close to one another. However, look at the 8<sup>th</sup> person and those beyond.
- The 8<sup>th</sup> person chose to physically distance themselves from the others, and remained infection free – and didn't spread the infection to the rest of the match sticks.

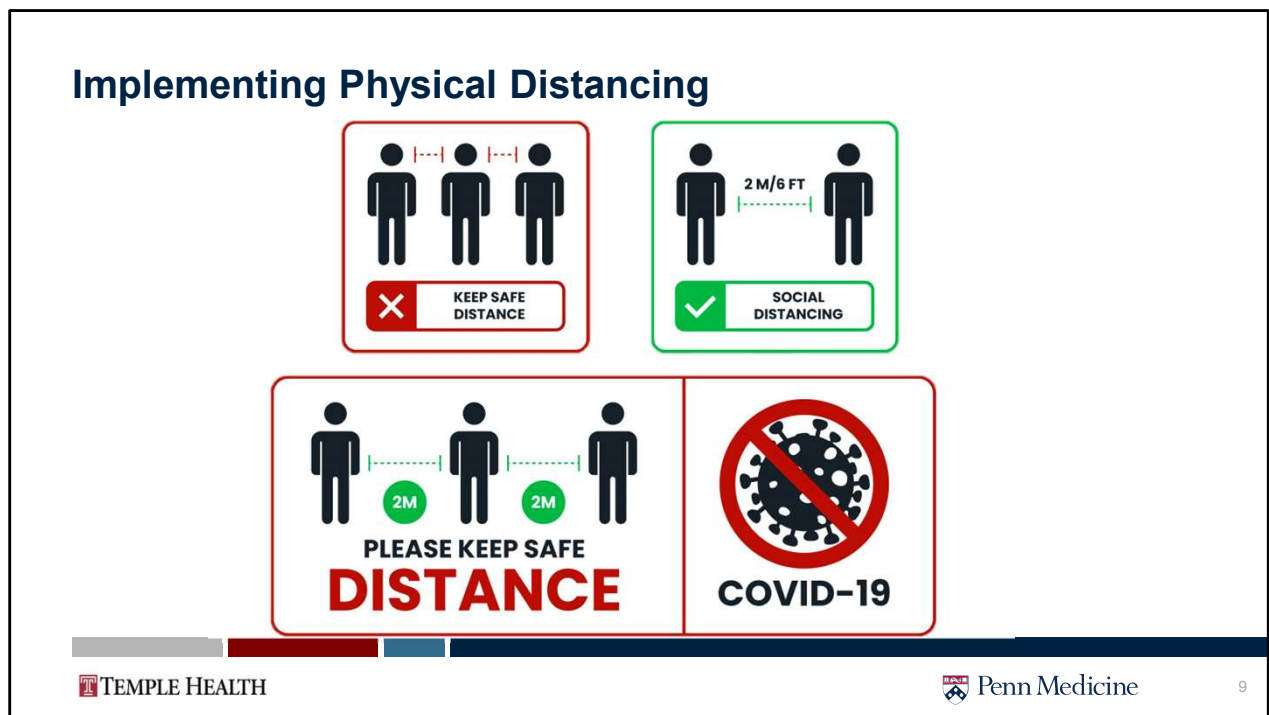


**OBJECTIVE:** Emphasize that it's not always clear how far 6 feet is

**SUGGESTED SCRIPT:**

- I'd like two volunteers please.
- Facilitator Note: Feel free to pick 2 people if no one responds. Ask each volunteer to stand 6 feet away from something in the room (a wall, a chair etc.) Each volunteer should have a different landmark they are measuring against so they can maintain physical distanced from each other. Once they are in position, go measure how many each volunteer is from their landmark. Use the results to facilitate a discussion of what 6 feet really looks and feels like.





**OBJECTIVE:** Provide ideas to implement physical distancing

**SUGGESTED SCRIPT:**

- Implementing physical distancing in healthcare settings including [FACILITY TYPE] and the community can help personally and collectively help stop the spread of infectious disease.
- Some examples of potential physical distancing measures that could be enacted depending upon the level of infection in the facility and community are:
  - Discontinue group activities.
  - Discontinue communal dining.
  - Use signage that is easily readable and understandable.
  - Make sure residents understand that they are doing their part in stopping the spread of a virus.
  - Place signage at appropriate levels for all to read (footprints on the floor, wheelchair level).
- Facilitator Note: Start a discussion on what measures they found effective during previous outbreaks.
- What did your facility do during previous outbreaks that you thought was a particularly helpful measure to stop the spread of infection?

## Potential Impact of Physical Distancing on Residents

Although physical distancing is recommended by the CDC to decrease the spread of infection in some situations, the effects may bring an increase of psychological and medical effects in the elderly.



TEMPLE HEALTH

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The P... 10

**OBJECTIVE:** Highlight the potential mental health issues associated with physical distancing

### **SUGGESTED SCRIPT:**

- Although physical distancing is needed and a very important tool in helping to minimize the spread of infection- it can also have negative effects on those that have to be isolated
- Residents may experience some or all of the following:
  - Fear and worry about their health and the health of loved ones.
  - Changes in appetite and sleep.
  - Feelings of hopelessness, difficulty in concentrating.
  - Worsening of chronic health problems.
  - Worsening of mental health problems.

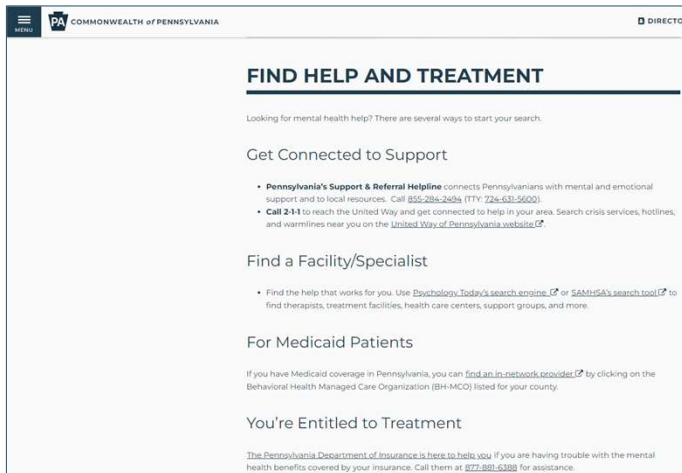


**OBJECTIVE:** Provide guidance to staff and residents on combatting mental health effects of isolation

**SUGGESTED SCRIPT:**

- Hopefully with higher vaccination rates and careful infection prevention, you won't need to implement physical distancing measures.
- However, if you do and you notice your residents or staff exhibiting the effects of isolation, encourage each other to
  - Practice good self-care
    - Get enough sleep
    - Get physical activity when possible
    - Eat for health
    - Relax and recharge – take a news break
  - Connect with others
    - Check in on each other
    - Be creative – how can you connect while remaining physically distanced?
      - ◆ Use the hallways for games like trivia and bingo so residents can be further apart than they would normally be
      - ◆ Doorway Exercises
      - ◆ Individual activity kits with word search, crossword and other puzzles (Resources in case a resident needs to be isolated)
      - ◆ Face Time or Zoom with family and friends (or neighbors down the hall!)
      - ◆ Window visits especially family with pets

## Encourage residents and staff to find help and treatment



The screenshot shows the 'FIND HELP AND TREATMENT' page on the Commonwealth of Pennsylvania website. The page is titled 'FIND HELP AND TREATMENT' and includes the following sections:

- Looking for mental health help? There are several ways to start your search.**
- Get Connected to Support**
  - **Pennsylvania's Support & Referral Helpline** connects Pennsylvanians with mental and emotional support and to local resources. Call **855-284-2436** (TTY: 724-631-5600).
  - **Call 2-1-1** to reach the United Way and get connected to help in your area. Search crisis services, hotlines, and warmlines near you on the [United Way of Pennsylvania website](#).
- Find a Facility/Specialist**
  - Find the help that works for you. Use [Psychology Today's search engine](#) or [SAMHSA's search tool](#) to find therapists, treatment facilities, health care centers, support groups, and more.
- For Medicaid Patients**

If you have Medicaid coverage in Pennsylvania, you can [find an in-network provider](#) by clicking on the Behavioral Health Managed Care Organization (BH-MCO) listed for your county.
- You're Entitled to Treatment**

The [Pennsylvania Department of Insurance](#) is here to help you if you are having trouble with the mental health benefits covered by your insurance. Call them at [877-888-6288](#) for assistance.

[Mental Health Resources | PA.GOV](#)

[How Right Now | Finding What Helps \(cdc.gov\)](#)

**OBJECTIVE:** Highlight resources for mental health

**SUGGESTED SCRIPT:**

- As staff in a [FACILITY TYPE] you may feel that you need all the answers. As a resident here, you may feel that you don't know where to go next to get help.
- Please know that there are resources that you can access to find help for yourself, your neighbor, your colleague, your resident... Pennsylvania has free resources to help with mental health issues.



**OBJECTIVE:** To confirm the participants understand the key lessons on physical distancing

**SUGGESTED SCRIPT:**

- Pop quiz! Give me a thumbs up for TRUE and a thumbs down for FALSE
- Large crowded gatherings are completely safe as long as you wash your hands and cover your face when you sneeze.
  - FALSE. Thumbs Down.
- As long as you are 6 feet from other people, you do not need to worry about wearing a mask or performing hand hygiene.
  - FALSE. Thumbs Down.
- Physical distancing could have some harmful mental health effects if used too much.
  - TRUE. Thumbs Up.
- Reading, taking a walk outside, video chatting, and creative are examples of fun activities that can be performed while maintain physical distancing.
  - TRUE. Thumbs Up.
- Elderly people should avoid having any visitors in order to keep themselves safe.
  - FALSE. Thumbs DOWN.
- Physical distancing means you cannot and should not have a social life.
  - FALSE! Thumbs down.



**OBJECTIVE:** To give participants time to ask any questions they may have.

**SUGGESTED SCRIPT:**

- What questions do you have about what you learned today?
  - Facilitator note: By asking in this way, rather than “does anyone have any questions” you are showing that you assume people will have questions, which will make participants more likely to ask questions if they have one.



## SUGGESTED SCRIPT

- Thank you for your participation today! That concludes our presentation on Physical Distancing!
- We truly appreciate your time and participation.
- Please remember to sign in the attendance sheet
  - **Facilitator Note:** Wipe Down surfaces touched; Leave area like you found it. Provide Leave Behinds and/or copy of presentation