COVID–19 NH Iceland

Ólafur Samúelsson: MD, spec in Int. Medicine and Geriatrics
Þórdís Hulda Tómasdóttir: Reg Nurse. Project manager and infection control specialist
COVID-19 Iceland

Population 365,000
+ 2 million tourists/year
> 65 y. olds 15% of total population
2500 (4.5%) of >65y in Long term Care. Financed by taxes.
Admittance according to functional impairment.
Overview of pandemic

Total number of deaths = 29 (10 in first wave, 19 in second)

Number of domestic infections from 28 February and those who have finished isolation

First case 28th of February 2020
Gradually increasing restrictions and lockdown during first weeks of March.
Total visitors ban in NH during first wave
Milder restrictions during second wave

ref: www.covid19.is
COVID 19 – Iceland (total population)

Cumulative number of domestic infections per 100 000 inhabitants by age groups

- 0-4 years
- 5-14 years
- 15-24 years
- 25-49 years
- 50-64 years
- 65-79 years
- 80+ years

ref: www.covid19.is
## COVID 19– Iceland (total population)

### Cumulative crude number and incidence of deaths by age groups

<table>
<thead>
<tr>
<th>Age group</th>
<th>No. of deaths</th>
<th>No. of infections</th>
<th>Death as proportion of infections (%)</th>
<th>Incidence of deaths per 100 000 inhabitants</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;29</td>
<td>0</td>
<td>2100</td>
<td>0,0%</td>
<td>0,00</td>
</tr>
<tr>
<td>30-39</td>
<td>1</td>
<td>838</td>
<td>0,1%</td>
<td>1,87</td>
</tr>
<tr>
<td>40-49</td>
<td>0</td>
<td>860</td>
<td>0,0%</td>
<td>0,00</td>
</tr>
<tr>
<td>50-59</td>
<td>0</td>
<td>719</td>
<td>0,0%</td>
<td>0,00</td>
</tr>
<tr>
<td>60-69</td>
<td>3</td>
<td>507</td>
<td>0,6%</td>
<td>8,02</td>
</tr>
<tr>
<td>70-79</td>
<td>5</td>
<td>202</td>
<td>2,5%</td>
<td>21,84</td>
</tr>
<tr>
<td>80-89</td>
<td>14</td>
<td>90</td>
<td>15,6%</td>
<td>136,03</td>
</tr>
<tr>
<td>90+</td>
<td>6</td>
<td>34</td>
<td>17,6%</td>
<td>259,74</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>29</strong></td>
<td><strong>5350</strong></td>
<td><strong>0,54%</strong></td>
<td><strong>7,96</strong></td>
</tr>
</tbody>
</table>

ref: [www.covid19.is](http://www.covid19.is)
COVID-19 and Nursing homes in Iceland

- First wave: One outbreak in a rural NH. 10 infected, 2 deaths
- Second wave: Sporadic outbreaks.
- 2 clusters in 2 different Nursing homes (4 and 5 pers) one death (in hospital)
Most Nursing homes were incapable of managing an outbreak.

- The Ministry of Health,
- The Directorate of Health,
- The Chief Epidemiologist,
- Doctors and nurses specializing in geriatrics;

formed a consultation group on nursing home issues and day care centers during the pandemic.
Consultation group on nursing homes issues and daycare – national initiative

- National Guidelines issued
- ALERTS criteria

- Employee checklists
- Restrictions – visits and access to nursing home
- Infection prevention measures
- First response – Quarantine, isolation
- Risk assessment and transmission tracing
- Treatment
- Post infection
The Directorate of Health, The Chief Epidemiologist & the Department of Civil Protection and Emergency Management launched the „SVÖT“ team.

Team of 5 specialists – instant response via 112

Courses:
- Preparation
- Response
- Training
- Empowering
- Stocktaking

First response – infection has or might have entered the premises
- Quarantine
- Isolation
Hlidarskjol – a joint nursing ward

- Two hospitals capable of admitting COVID-19 patients
- Major outbreak?
- Hospital capacity?
- DNR patients or those with low life expectancy
- Real isolation capacity at the respective home
- Danger to others

- Association of Companies in Welfare services and the Icelandic Health insurance and Eir nursing home
  - Joint COVID-19 ward for nursing home residents

Lessons learned: REMOVE THE DANGER

HOW?
Hlidarskjol – a joint nursing ward
Hlidarskjol – a joint nursing ward

- Lessons learned:
  - Tangible multi level support
  - Empower all HCW
  - Preferably remove the danger
Thank you!