

Checklist for visiting professionals carrying out residential care visits

This checklist aims to assist visiting professionals, who are now required to carry out in-person visits to residential care settings (which include residential and nursing care homes and supported living settings for older adults and those living with learning disability), with some of the most important factors they should consider to manage these visits as safely as possible.

Now that the wider prevalence of Covid-19 has reduced and several cohorts in the community and professionals have good coverage of vaccination, offering protection against severe illness, the balance of risks has shifted to place more priority on in-person visits and activity taking place again in residential care settings to ensure that appropriate care and safety measures are in place for residents.

Checklist

Where staff are required to carry out visits within residential care settings, there are a range of measures they should consider to reduce the risk of Covid-19 transmission.

Pre-Visit:

- **Testing - you should be undertaking regular lateral flow testing** (ideally twice per week) – A LFT must have been undertaken, with a negative result, in the last 72 hours, or prior to entering the premises. Home testing kits are available which can be sought via your employers, online, or local testing sites. Please discuss further with your manager if you are uncertain how to progress this. (See link below for guidance on taking a test).
- **Covid-19 symptoms – you should not attend a residential care setting if you have any Covid-19 symptoms** – people with [symptoms](#) should isolate and book a PCR test.
- **Speak to the home ahead of the visit** to inform them you will be attending
- **Risk Assessment - Be prepared for the risk assessment that the care home will go through** – all care homes have risk assessment processes in place for all visitors which may involve asking you about symptoms / testing etc
[Even in the absence of a requested risk assessment, the factors in this checklist should be considered – these are considered to be good professional practice for all care professionals]

At the Visit:

- **Consider how social distancing can be maintained** as much as possible during the visit (utilising larger rooms if available). This won't always be possible. If full social distancing cannot be maintained, this should not prevent the visit from going ahead, if the visit is required to provide safe and effective care. Risks can be minimised such as keeping time spent in small bedroom areas to a minimum, e.g. for assessment purposes.
- **Wear appropriate PPE** when going into residential care settings with appropriate donning and doffing (See link below)
- **Observe strict hand hygiene while attending residential care settings**
- **Keep rooms which visiting staff enter well ventilated** (opening doors and windows), where appropriate and if possible.

By following the guidance above you will be able to achieve the outcome of your visit safely reducing the risk of Covid-19 transmission.

Links to further advice:

Public Health England Video – Donning & Doffing PPE: https://www.youtube.com/watch?v=-GncQ_ed-9w

Lateral Flow Device Testing Guidance: https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/11/LFD_NHSStaff_A4_161120_.pdf