



Health Quality Innovation Network

Simple Strategies Stand-Up

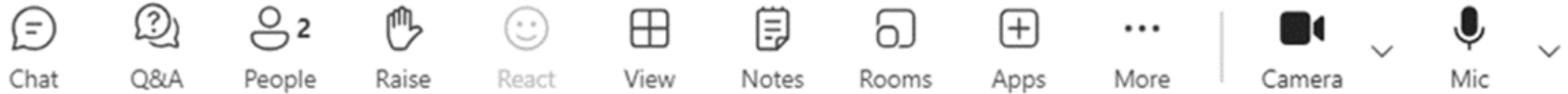
Healthy Bites & Insights: Lunch with the HQI Pharmacist

Build Vaccine Success and Confidence Through:
Sharing, Role Play, Education and Teams

Session 3 : Turning Skeptics into Believers

2/11/2025

Logistics – Teams Webinar



To ask a question, click on the **Q&A** icon.

Raise your hand if you want to verbally ask a question.

Resources from today's session will be posted in **Chat**.

You may adjust your audio by clicking **Audio Settings**.

You have been automatically muted with video turned off.

Your Team



Allison Spangler,
BSN, RN, RAC-CT, QCP
Consulting Manager

Cindy Warriner,
BS, BS Pharm, RPh, CDCES
Senior Consultant Pharmacist

Judy Carte,
BSN, RN, GERO-BC, LNHA
Quality Improvement Advisor

Susan Moeslein
MSA, BSN, ACM, CIC
Quality Improvement
Consultant

Goals/Objectives for Series

- Decrease risk of F887 citations
- Entertaining role play addressing real life scenarios
- Discuss common fears and misconceptions about vaccines in a supportive environment
- Get your vaccine related questions answered in real time by HQI's pharmacist



Polling Question

What programs or approaches has your team used to communicate/educate family members about the COVID-19 shot? (select all that apply)

- A. Emails or letters
- B. Group education programs
- C. Family council groups
- D. Outside educators/presentations
- E. Other (place specifics in chat)



Be Prepared for a Conversation



- Review resources ahead of time
- Introduce yourself by name
- Use the resident's preferred name
- Speak clearly and maintain eye contact
- Ask permission to discuss the topic
- Use positive body language
- Respect personal boundaries
- Minimize background noise/distractions
- Be patient

Madeline, Emily and Her Daughter Barbara



Discussion

- What went well with this scenario?
- How do you engage family members?
- How could we have improved upon the conversation without alienating the daughter or resident?
- What "next steps" could occur?

Education and Activities

7 Questions About the COVID-19 Vaccine for Adults

Answered by Health Quality Innovators Pharmacist Cindy Warriner, BS, RPh, CDCES

- Who should get the COVID-19 vaccine, and how many doses?**
Everyone who is eligible should get an annual COVID-19 vaccine, including those who are moderately or severely immunocompromised. For information, scan the "Vaccines for COVID-19" QR code at the bottom right.
- If I get the COVID-19 virus, won't I be protected from COVID-19?**
Getting a COVID-19 vaccine is a safer and more dependable way to build immunity to COVID-19 than getting sick with it. The level of protection from getting sick may vary depending on how mild or severe the illness was and your age.
- Is the COVID vaccine going to continue to change?**
The virus itself is constantly changing and future vaccines will be updated to address the various new strains when possible. Visit the [CDC's website](#) or scan the QR codes at the bottom of this page for the latest information.
- Can you get the COVID-19 vaccine and the flu or pneumonia shot together?**
Absolutely, and it's a great way to prepare for the fall and winter flu season!
- Are you "Up to Date" after completing a primary series or getting a COVID-19 vaccine annually?** You are "Up to Date" with COVID-19 vaccines if you have received the annual COVID vaccine. In some cases, an additional vaccine may be recommended. See the links below for more information.
- If you are moderately or severely immunocompromised (have a weakened immune system), should you get the COVID-19 vaccine?** Absolutely YES! Persons who have a weakened immune system are at increased risk of severe COVID-19 illness and death. Please visit these links for more information: [Risk Factors for Severe Illness from Respiratory Viruses](#) and [COVID-19 Vaccines for People Who Are Moderately or Severely Immunocompromised](#).
- Where can I get more information about when to get COVID-19 vaccines?**
Visit the [CDC's website](#) to learn more about [vaccines for COVID-19](#).

Click the links above or scan the QR codes to learn more

[Risk Factors Respiratory Viruses](#)

[Vaccines for Those Immunocompromised](#)

[Vaccines for COVID-19](#)

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What is Long COVID?

Sometimes sickness can linger. For example, if you have a common cold that results in a cough lasting more than a month, it might need attention.

Symptoms of COVID-19 that last three months or longer might be long COVID. Long COVID affects people differently. These symptoms can also be signs of other illnesses, so it is important not to assume your symptoms are from COVID-19. Tell your health care providers about your concerns with any ongoing or new symptoms. This can help them treat you and rule out other illnesses.

Symptoms of Long COVID

- Fatigue
- Elevated heart rate
- Loss of smell and/or taste
- Kidney failure
- Neurological effects, headache
- Problems with attention, concentration, language and memory
- Shortness of breath
- Muscle and joint pain, weakness
- Sleep disruptions
- Heart conditions
- Blood clots, including pulmonary embolism

How Can I Avoid Long COVID?

Current research shows that long COVID affects older people more than younger people, and unvaccinated more than vaccinated people. The best way to avoid long COVID is to not get the virus at all. Preventing COVID-19 infections and long COVID is dependent on staying up to date with vaccines and protecting yourself from the virus. If you do get the virus, studies have shown that being up to date—having all the vaccinations you are due for—decreases the risk of getting long COVID and reduces the number and severity of symptoms.

Long COVID Basics | CDC

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[7 Questions About the COVID-19 Vaccine for Adults](#)

[What is Long COVID?](#)

Education and Activities


COVID BINGO

1

C	O	V	I	D
14	30	41	53	74
Community	Fever	Intramuscular	Quarantine	WHO
4	28	35	57	68
Answers	Family	Hesitancy	Safe	Timing
10	23	46	75	
CNA	Dose		Pandemic	Whooping Cough
8	16	43	48	70
Band aid	Coronavirus	Moderna	Pfizer	Vaccine
12	27	39	56	66
Choice	Exposure	Immunocompromised	RSV	Support


FAMILY
GAME
NIGHT

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COVID BINGO

2




Instructions

The COVID BINGO game provides an interactive, fun format to increase awareness, conversations and education about COVID-19 and vaccinations.

The adapted BINGO cards feature terms associated with respiratory viruses, COVID-19 and vaccinations. They offer an opportunity to discuss elements of the disease and ways to prevent COVID-19. This educational game can be played with residents, staff, family members or a combination of all participants.

Supplies:

- [COVID BINGO Cards](#) – This set of 20 different cards can be printed on 8.5" x 11" paper.
- [COVID Word List](#) – Print this list for the caller.
- **Spinner or Ball Cage with Call-Out Letters/Numbers** – This is provided by the facility, adapting the letters to the game cards: B=C; I=O; N=V; G=I and O=D for call-out purposes. Example: B11 would be called C11 and O71 would be called D71.
- **Markers** – These are provided by the facility and can be buttons, caps or tabs for participants to place on their COVID BINGO card.
- **Prizes** – These are provided by the facility if any are used.



How to Play:

1. Each participant receives a COVID BINGO card and markers to place on the card when a matching letter and number are called out.
2. Everyone places a marker on the "free space" in the middle of the card.
3. The caller pulls a BINGO ball out of the cage and calls the appropriate letter and number (described above). Participants mark their cards.
4. The caller asks the participants with the number, "What is the word on your card?" Any participant shares the word, and the caller reads the definition associated with that word from the COVID Word List. If there is time, answer any questions or participate in discussion.
5. Select the next BINGO ball. Repeat the word/definition process above. There should be a word and definition shared with each BINGO ball called out.
6. A winner is identified when the first participant has their markers in a straight vertical, horizontal or diagonal line across their COVID BINGO card (an alternative game can be "Blackout or Cover All," where the whole card must be covered).
7. The caller checks to verify that all covered numbers for the winning game have been called and declares a winner.
8. Prizes may be awarded at the discretion of the facility.

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COVID BINGO Game Set | HQIN

Resources

- [Patients, Families & Caregivers: Vaccinations/Immunizations | HQIN](#)
- [Vaccine Hesitancy/Misinformation Resources | HQIN](#)
- letstalkshots.org (vaccine answers tailored for you)
- [Myths & Facts About COVID-19 Vaccines | COVID-19 | CDC](#)
- [COVID-19 Vaccine Confidence | CDC](#)
- [Talking with Patients About the COVID-19 Vaccine](#)
- [Planning-for-COVID-19-Care-Conversation-Tool-Form_rev12.21.23.docx](#)
- [Recommended Vaccinations for Adults | Vaccines & Immunizations | CDC](#) (easy to read)
- [Bulletin Board Bundles | HQIN](#)
- [COVID-19 Vaccination for Long-term Care Residents | COVID-19 | CDC](#)
- [COVID-19 Vaccinations](#)
- [COVID-19 Vaccine Basics | COVID-19 | CDC](#)

Next Session

Final Session - February 18

Vaccine Overload:

Making Sense of the Madness

With the rapid development and distribution of multiple COVID-19 vaccines, it can be overwhelming to keep up with the latest information and guidelines. In this webinar, we will use role playing to break down the complexities of the current COVID vaccine landscape. This session will help you understand the various vaccines, their efficacy, and how to navigate the overload of information.

[REGISTER HERE](#)





Contact Information

Cindy Warriner
BS, BS Pharm, RPh, CDCES
Senior Consultant Pharmacist
cwarriner@hqi.solutions

Allison Spangler
BSN, RN, RAC-CT, QCP
Consulting Manager
aspangler@hqi.solutions

Judy Carte
BSN, RN, GERO-BC, LNHA
Quality Improvement Advisor
jcarte@hqi.solutions

Susan Moeslein
MSA, BSN, ACM, CIC
Consultant
smoeslein@hqi.solutions