

COVID-19



An End Stage Renal Disease (ESRD)
National Coordinating Center (NCC)
Patient Education Quickinar

Agenda

- What is this call about?
- Today's speakers
 - Donna DeBello, RN
 - Quality Improvement Director
 - Florida ESRD Network 7
 - Nieltje Gedney
 - Home Hemodialysis Patient
 - Treasurer and Past Vice President, Home Dialyzors United
- Topic: Considering Home Dialysis During a COVID-19 Environment
- Questions and Answers (Q&As) from chat and Q&A panels

What Is This Call About?

- Hear from kidney patients who share tips for coping in a COVID-19 environment.
- Provide real-world experiences for others to put into use.
- Engage in weekly calls on varying topics.

Donna (DeBello) DaSilva, RN

Quality Improvement Director
Florida ESRD Network 7



Home Dialysis as the “Safer Place to Be”

- This is an emotional and stressful time for patients and staff.
- Adapting to dialysis is already a change in lifestyle. Adding a COVID-19 experience is overwhelming.
- Challenges:
 - Masks during transportation to facility
 - Pre-exams prior to entering the facility
 - Mandated masks during dialysis (3–4 hours)
 - Follow same dialysis routine
 - Staff shortages
 - Change in staff roles

Benefits of In-Center Dialysis vs. Home Dialysis During COVID-19

In-Center Dialysis	Home Dialysis (PD, HHD)
Increased exposure/interaction with facility staff X 3/week	Minimal exposure with staff except for monthly labs or necessary home visit
Patient exposure during travel to and from facility with driver and other patients	No travel exposure—dialyzing at home
Close distance between patients dialyzing side-by-side	No other patients—dialyzing alone or with a care partner at home
Food restrictions while in the facility	No food restrictions—continue to follow less-restrictive renal diet
Wearing a mask (appropriate PPE) for entire treatment, including during travel	Wear a mask for short period during certain sterile procedures—not for long periods of time

PD= Peritoneal Dialysis, HHD = Home Hemodialysis, PPE = Personal protective equipment

COVID-19 Considerations for Patients Dialyzing at Home

Pre-COVID-19	During COVID-19
In-person dialysis options education by nurse, including introduction to home equipment and evaluation of patient's home for set-up	Options for education may consist of literature, Facetime, or video use to visualize home equipment, and for tour of patient home for set-up evaluation
Patients interested in PD may start in-center hemodialysis while PD catheter is healing, if dialysis is needed.	Nephrologists may consider "urgent start PD," where patient will dialyze in the home clinic in a separate room
Supplies delivered inside the home	Supplies left outside the home—new arrangements
Visit to home clinic for monthly labs	Monthly labs: drawn in home (insurance) or go to lab or home clinic
Visit to home clinic for monthly home visit with nephrologist , nurse, and IDT	Telehealth/Telemedicine monthly home visit—possible visit by home nurse

Considerations for Telehealth/Telemedicine Assisting With Care of the Patient

- CMS issued guidelines directing telehealth/telemedicine in all areas of healthcare.
- A variety of telehealth/telemedicine pathways are being used.
 - Online video applications
 - Patient portals and other applications with video connect
 - Telephone—brief (5–10 minute) check-in
- Telehealth/telemedicine is efficient and can limit COVID-19 exposure.
 - Eliminates patient travel to clinic.
 - Entire team is able to participate.



Considerations for Telehealth/Telemedicine Assisting With Care of the Patient (cont.)

- Initially may seem impersonal, and support groups are not functioning the same.
 - Discuss feelings or concerns with your team.
 - Participate in telephonic and online support groups: Visit HSAG website for a support group list.
 - <https://www.hsag.com/contentassets/232185e6e7f34096941f611332d8692d/allnwsupportgrouphandout508.pdf>
 - Keep learning through the National Coordinating Centers' COVID-19 Quickinar Events.



COVID-19 and ESRD Tele- and Online-Support Groups

The groups listed below specialize in kidney disease. Many offer education as well as the opportunity to connect with other patients, family members, and/or caregivers through discussion forums and subscription-based email lists. When looking for resources, please be aware that anyone can create a website, so only visit reputable sites. To learn more about how to find reputable sites, check out the resource here: <https://esrdc.ncc.org/globalassets/covid-19/ncccredibleresources508.pdf>

Coronavirus-2019=COVID-19; End Stage Renal Disease=ESRD

General Support Groups

Group Name	Website or Phone	Description
American Association of Kidney Patients (AAKP) Community	http://aakp.org/center-for-patient-engagement-and-advocacy/support-groups/	AAKP recognizes the value of local patient support groups. This resource helps patients find support groups in their community.
Bay Area Association of Kidney Patients (BAAKP)	http://www.baakp.org/calendar.html	BAAKP offers online support through Zoom. Register at the website listed. After registering, you will receive a link for the Zoom meeting to resume in person meetings.
Health Unlocked	https://healthunlocked.com/tag/dialysis?type=communities	Health Unlocked has curated several online communities that visitors can join. By joining a community, visitors gain access to evolving content on topics ranging from nutrition and support, to parenting resources and transplant.
Home Dialysis Central Forums	http://forums.homedialysis.org	Home Dialysis Central is a one-stop resource for patients and professionals who want to learn more about home dialysis options.
Home Dialysis Central Discussion Group on Facebook	https://www.facebook.com/groups/HomeDialysisCentral/	This is a moderated Facebook group for dialyzers, caregivers, and others in the dialysis community. The group provides support, information, and help coming to grips with dialysis in any of its forms.
National Kidney Foundation (NKF) of Hawaii	https://kidneyhi.org/ask-the-dietitian-blog https://www.facebook.com/KidneyHI/	The NKF Hawaii Facebook page offers information about events, education, and access to an online ESRD community.

Nieltje Gedney

Treasurer and Past Vice President,
Home Dialyzors United
Home Hemodialysis Patient



Telemedicine Resources



The screenshot shows the Home Dialysis Central website. At the top, there's a red logo with a house icon and the text "HOME DIALYSIS CENTRAL". Below it, a sub-header says "A program of the non-profit ". The main navigation menu includes "Home Dialysis Basics", "Life@Home", "Find a Clinic", "Get Answers", "News & Research", and "Professional Tools". A search bar with a magnifying glass icon is at the top right. The page title is "Getting The Most Out Of Telehealth For Home Dialysis Patient". Below the title, a sub-header states "This blog post was co-authored by Dawn P Edwards and Neltje Gedney on June 4, 2020." There's a small illustration of a row of houses. To the right, there's a sidebar with links to "KidneyViews Blog", "News Articles", "Press Releases", and "Journal Watch".

<https://homodialysis.org/news-and-research/blog/363-getting-the-most-out-of-telehealth-for-home-dialysis-patient>



The page has a teal header with the text "The Doctor Will See You Now: Telemedicine Makes It Easy". To the right is the ESRD NCC National Coordinating Center logo, which features three stylized human figures in blue, green, and yellow within a circular frame. The main content area has a purple background. It starts with the text: "Telemedicine allows you to talk to your healthcare team on your cellular phone or home computer. With telehealth, you can visit your healthcare team without leaving your home." Below this is a section titled "Benefits of Telemedicine" with two sub-sections: "Simple to Use" and "No Travel". The "Simple to Use" section includes the text: "Use your home computer or cellular phone with a camera and high-speed Internet." and "Convenience of seeing a healthcare professional from your home. No need for transportation or sitting in the waiting room." The "No Travel" section includes the text: "Convenience of seeing a healthcare professional from your home. No need for transportation or sitting in the waiting room." At the bottom left is a list titled "10 Sample Questions You Can Ask Your Doctor During a Telemedicine Visit" with ten numbered items. At the bottom right is a green ribbon seal with a checkmark and the text "ESRD NCC". Small print at the very bottom provides contact information and a note about CMS policy.

<https://esrdncc.org/globalassets/covid-19/esrdncc2020telemedcine508.pdf>

Let Us Hear From You

- Q&As from chat and Q&A panels

TheKidneyHub.org

- Introducing TheKidneyHub.org.
- New resource for patients and professionals.
- Secure, mobile-friendly web tool developed by the ESRD NCC with assistance from Subject Matter Experts (SMEs)
- Links to important resources, such as:
 - COVID-19 emergency resources.
 - Patient-created resources on transplant, infection prevention, well-being, etc.
 - ESRD educational materials for new (and experienced) patients.
 - And more.

The screenshot shows a mobile browser displaying the TheKidneyHub.org website. The top navigation bar includes a back arrow, a lock icon, the URL 'thekidneyhub.org', and a refresh/copy icon. The header features the ESRD NCC National Coordinating Center logo and a menu icon. Below the header, there are two main sections: 'PATIENTS' and 'FACILITY STAFF'. The 'PATIENTS' section directs users to the CDC COVID-19 Information page and the KCER page for Patient Helpline numbers, with a note to contact your ESRD Network. The 'FACILITY STAFF' section directs users to the KCER COVID-19 page for critical Coronavirus guidance and information. A descriptive text below these sections states that the ESRD NCC Patient Web Tool helps people find resources created by patients, for patients. At the bottom, there is a photograph of a healthcare professional in a white coat talking to a patient, with the word 'TRANSPLANT' and a subtitle 'Videos and resources to help you understand'.

2:15

thekidneyhub.org

ESRD NCC
NATIONAL COORDINATING CENTER

PATIENTS: Visit the [CDC COVID-19 Information](#) page for guidance on staying safe, and the [KCER](#) page for Patient Helpline numbers. If you need to, [contact your ESRD Network](#).

FACILITY STAFF: Visit the [KCER COVID-19](#) page for critical Coronavirus guidance and information.

The ESRD NCC Patient Web Tool helps people find resources created **by patients, for patients**.

TRANSPLANT

Videos and resources to help you understand

Our Next COVID-19 Quickinar Events

- Save the dates for our next events.
 - Provider-focused event:
June 10, 2020 at 5 p.m. ET
 - Patient-focused event:
June 16, 2020 at 5 p.m. ET
- Visit www.kidneyCOVIDinfocenter.com for information and to register.



Thank You!

NCCinfo@hsag.com

844.472.4250

813.865.3545

www.esrdncc.org

Additional COVID-19 resources for patients and providers:



<https://www.kcercoalition.com/en/covid-19>



www.kidneyCOVIDinfocenter.com

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