

COVID-19



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

Coronavirus Disease 2019 = COVID-19

June 30, 2020



Agenda

- What is this call about?
- Today's speaker
 - Patrick Gee, PhD
 - Kidney transplant recipient
 - NPFE-LAN Legacy Subject Matter Expert (SME)
 - Susan Cooper, LCSW
 - Licensed clinical social worker
 - Home Dialysis of Santa Fe
- Topic: Surviving and Coping With the Aftermath of COVID-19
- Questions and answers (Q&As) from chat and Q&A panels

NPFE-LAN = National Patient and Family Engagement-Learning and Action Network



What Is This Call About?

- Hear 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.

Patrick Gee, PhD

Kidney transplant recipient

NPFE-LAN Legacy Subject Matter Expert



Susan Cooper, LCSW

Licensed clinical social worker

Home Dialysis of Santa Fe



Surviving and Coping With the Aftermath of COVID-19



What Can We Do?

- Have a daily routine.
- Care for yourself.
- Identify thoughts, feelings, and how they influence behavior.
- Find connectedness during isolation.

Routine Helps Ease Depression and Anxiety

- Track your daily activities. Look at your list and decide what you might want to add to your day that might bring you peace, joy, or comfort.
- Once you have written down what you do in a day and you have added certain tasks down that you feel will help you, you can take a little time each day to reflect on what was helpful, not helpful, and modify your list again.
- If you have experienced a significant loss, you will need to give yourself the space and time you need to be with your pain.
- Seek outside counseling from your pastor, priest, social worker, and/or an online grief support group if you would like to talk in therapy.

Self-care During COVID-19

- Try to get plenty of rest. It is easy to lose sleep when you are feeling stressed. Download *Ten Tips for a Good Night's Sleep*: <https://www.sleephealthfoundation.org.au/pdfs/Tips-for-a-Good-Night's-Sleep.pdf>.
- Eat healthy foods. Ask your dietician to help you design a healthy, kidney-friendly meal plan.
- Manage your fluids and sodium intake.
- Exercise—speak with your doctor first if you have not been exercising already.
- Limit the amount of time watching news.

Helpful Ways of Thinking Are Important During COVID-19

- Listen to your thoughts. We often express our thoughts out loud. These are very insightful thoughts. You can use them as a springboard to help you find better thoughts that lead to better ways of feeling and living.
- Try to identify what you are thinking when you feel sad, fearful, angry, or any strong emotion. Our thoughts, feelings/emotions, and behaviors are all connected. If you change the way that you react to your emotion, it will change your thoughts and behavior.

Finding Connectedness

- Use social media and apps like Zoom.
- Talk on the phone to friends and family.
- Join online support groups & online exercise classes.
- Find solace through nature. Go for walks or sit outside to help ease feeling alone.
- Take more interest in your pets or adopt a new one.
- Attend church services on television, online, or by phone.
- Seek telehealth counseling.
- Participate in online book clubs.
- Enjoy films, YouTube videos, reading, and music—all help you to feel more connected.
- Engage in prayer and meditation.

Let Us Hear From You

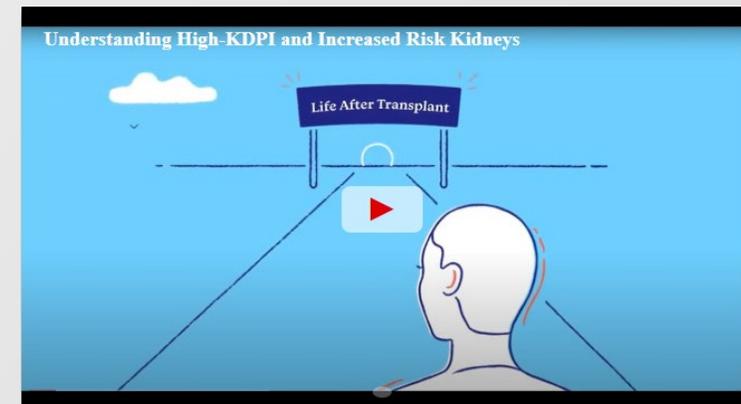
- Q&As from chat and Q&A panels

TheKidneyHub.org

Introducing TheKidneyHub.org.

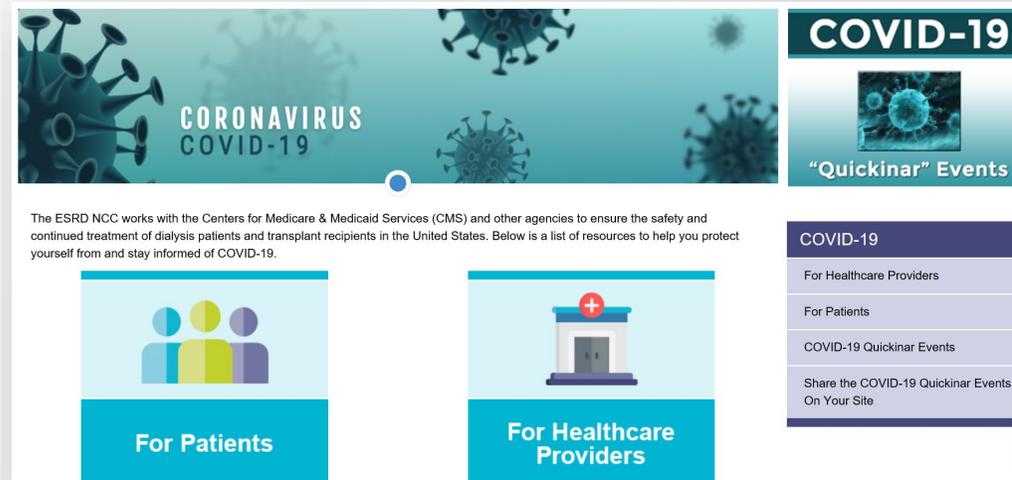
- Secure, mobile-friendly web tool for patients and professionals.
- Developed by the ESRD NCC with assistance from patient SMEs.
- Links to important resources, such as:
 - COVID-19, infection prevention, transplant, home dialysis, and new ESRD patient education.
 - New features include access to the **Patient Grant Library**, an informative **Understanding High-KDPI and Increased Risk Kidneys** video, and more.
- Visit today and bookmark to your device's home screen.

KDPI = Kidney Donor Profile Index



Our Next COVID-19 Quickinar Events

- Save the dates for our next events.
 - Provider-focused event:
July 1 at 5 p.m. ET
 - Patient-focused event:
July 7 at 5 p.m. ET
- Visit www.kidneyCOVIDinfocenter.com for information and to register.



Thank You!

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Additional COVID-19 resources for patients and providers:



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



www.thekidneyhub.org/covid19/



www.kidneyCOVIDinfocenter.com

This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication Number FL-ESRD NCC-7N5TCO-06292020-01

