

COVID-19



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



Coronavirus Disease 2019 = COVID-19

February 16, 2021

Agenda

- What is this call about?
- Today's speakers
 - Christa-Marie Singleton, MD, MPH
 - Associate Director for Science, Chief Health Equity Officer Unit
 - Centers for Disease Control and Prevention (CDC) COVID-19 Response
- Topic: Keeping Communities Safe: Mask Up Before, During & After the COVID-19 Vaccine
- Questions and answers (Q&As) from chat and Q&A panels

What Is This Call About?

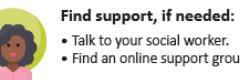
- Hear from experts who share tips for coping in a COVID-19 environment.
- Provide real-world experiences for others to put into use.
- Engage in bi-weekly calls on varying topics.

Online COVID-19 Resource

- Developed by patients for patients.
- Offers practical tips to help better deal with stress and anxiety.
- Visit www.KidneyCOVIDInfoCenter.com.
 - Click on “For Patients.”

Tips to Help You Boost Your Physical and Mental Health During COVID-19

If you feel overwhelmed by the impact of Coronavirus 2019 (COVID-19), it is important to know you are not alone. Here are tips from kidney patients, like you. These tips may help you better deal with stress, reduce anxiety, and face the unknown confidently!



Find support, if needed:

- Talk to your social worker.
- Find an online support group.



Develop a routine and stick to it:

- Start your day with something that makes you feel good.
- Add exercise to your daily activity.



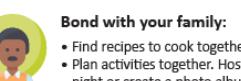
Connect with your faith:

- Attend services online.
- Participate in online faith-based classes.



Fine tune your cooking skills:

- Research kidney-friendly recipes.
- Try to copy recipes from your favorite cooking shows.



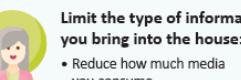
Bond with your family:

- Find recipes to cook together.
- Plan activities together. Host a movie night or create a photo album.



Spend time outdoors:

- Spend time hiking, gardening, or fishing.
- Have a picnic at the park or just eat dinner outside.



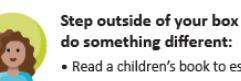
Limit the type of information you bring into the house:

- Reduce how much media you consume.
- Instead of watching the news, try watching a comedy, sitcom, nature program, or sports.



Use technology to stay in contact with friends and family:

- Schedule a weekly video call with your family.
- Share a joke or inspirational message to lift each other's spirits.



Step outside of your box and do something different:

- Read a children's book to escape reality.
- Listen to a podcast.



Take this time to learn about new opportunities:

- Check out vocational rehabilitation.
- On your mobile device, visit TheKidneyHub.org to view new resources.

For more ideas on how to cope during the COVID-19 pandemic, visit www.kidneycovidinfocenter.com. To get instant access to COVID-19 information, point your mobile phone camera at the QR code. Tap the banner that appears on your phone and follow the instructions on the screen.



This material was prepared by 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.
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Christa-Marie Singleton, MD, MPH

Associate Director for Science, Chief Health Equity Officer Unit
CDC COVID-19 Response



Keeping Communities Safe: Mask Up Before, During, & After the COVID-19 Vaccine

Christa Singleton, MD, MPH

Associate Director for Science, Chief Health Equity Officer Unit
CDC COVID-19 Response

ESRD National Coordinating Center &
Kidney Community Emergency Response
February 16, 2021



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CDC Chief Health Equity Officer Unit

Chief Health Equity Officer Unit

Charge:

- Develop a CDC COVID-19 Response Health Equity Strategy to address the increasing health disparities and inequities that the pandemic exacerbated.
- Coordinate efforts with the U.S. Department of Health and Human Services (HHS) and redouble the CDC's commitment to diversity, equity, and inclusion to help CDC achieve its public health mission.



https://www.minorityhealth.hhs.gov/npa/files/Plans/HHS/HHS_Plan_complete.pdf

Key Health Equity Considerations

Racial and Ethnic Minority Population Health Equity Considerations

- Factors that contribute to increased risk:
 - Discrimination, including racism
 - Healthcare access and utilization
 - Occupation
 - Educational, income, and wealth gaps
 - Housing



Source : CDC. Available at <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

Barriers to Medical Care

Barriers to Care:

- Health insurance coverage
- Unreliable transportation
- Stigmatizing language in medical practices and materials
- Access to medical resources



COVID-19 and End Stage Renal Disease (ESRD)

COVID-19 and End Stage Renal Disease (ESRD) (cont.)

- Having ESRD increases your risk for severe illness from COVID-19.
- Actions to take if you are on dialysis:
 - Contact your dialysis clinic and your healthcare provider if you feel sick or have concerns.
 - Do NOT miss your treatments.
 - Plan to have enough food on hand to follow the KCER 3-Day Emergency Diet Plan for dialysis patients in case you are unable to maintain your normal treatment schedule.



KCER = Kidney Community Emergency Response

Patients with ESRD and COVID-19 have worse outcomes compared to non-ESRD patients with COVID-19.



- Increased hospitalization
- Length of stay
- Healthcare cost
- Morbidity
- Mortality

Patients with ESRD and COVID-19 have worse outcomes compared to non-ESRD patients with COVID-19.

Outcomes of patients with end-stage kidney disease hospitalized with COVID-19

 Check for updates

see commentary on page 1402

Jia H. Ng^{1,5}, Jamie S. Hirsch^{1,2,3,5}, Rimda Wanchoo¹, Mala Sachdeva¹, Vipulbhai Sakhya¹, Susana Hong¹, Kenar D. Jhaveri¹ and Steven Fishbane¹; on behalf of the Northwell COVID-19 Research Consortium and the Northwell Nephrology COVID-19 Research Consortium⁴

¹Division of Kidney Diseases and Hypertension, Department of Medicine, Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, Great Neck, New York, USA; ²Institute of Health Innovations and Outcomes Research, Feinstein Institutes for Medical Research, Manhasset, New York, USA; and ³Department of Information Services, Northwell Health, New Hyde Park, New York, USA

- The odds of death from COVID-19 in ESRD patients was 38% higher compared to patients without ESRD.



Source: Ng J., Hirsch J., Wanchoo R., et al. Outcomes with end-stage kidney disease hospitalized with COVID-19. *Kidney Int.* 2020 Dec; 98(6): 1530–1539. Available at <https://pubmed.ncbi.nlm.nih.gov/32810523/>.

The role of dialysis facilities in COVID-19 transmission to/from ESRD patients has not been widely described.

The dynamics of dialysis facilities makes disease detection challenging and may increase exposure risk.

**Study assessing
COVID-19 in
Atlanta
dialysis
facilities**

Mask Up: A Key Prevention Strategy

Q: Do I still have to wear a mask?

- If I get the COVID-19 vaccine, will I still need to wear a mask?
- Does the type of mask a person wears make a difference?
- How many people need to wear masks to reduce community transmission?
- Do I need to wear a mask in my dialysis center if everyone is being screened for COVID-19 before entering the facility? <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

The short answer is yes!
Wear your mask!



Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021

Early Release / February 10, 2021 / 70

John T. Brooks, MD¹; Donald H. Beezhold, PhD²; John D. Noti, PhD²; Jayme P. Coyle, PhD²; Raymond C. Derk, MS²; Francoise M. Blachere, MS²; William G. Lindsley, PhD² ([View author affiliations](#))

[View suggested citation](#)

Summary

What is already known about this topic?

Universal masking is recommended to slow the spread of COVID-19. Cloth masks and medical procedure masks substantially reduce exposure from infected wearers (source control) and reduce exposure of uninfected wearers (wearer exposure).

Article Metrics

Altmetric:



News (220)
Blogs (2)
Twitter (1546)

Masks

- Are recommended in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Reduce the spread of COVID-19 to others and protect the wearer.
- Are most likely to reduce the spread of COVID-19 when widely used by people in public settings.



Source : CDC.

Vaccine Confidence Among Racial and Ethnic Minority Groups

COVID-19 Vaccine for People With Underlying Medical Conditions

- COVID-19 vaccines should be offered to persons with underlying medical conditions who have no contraindications to vaccination.
- Immunocompromised individuals may also receive COVID-19 vaccination if they have no contraindications to vaccination.
- Immunocompromised individuals with concerns should consult with their healthcare provider.
- Additional information for those with underlying medical conditions is available at <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#underlying-conditions>.



Key Facts about COVID-19 Vaccination

Getting vaccinated
can help prevent you
from getting sick
with COVID-19

People who have
already gotten sick
with COVID-19
should still get
vaccinated

COVID-19 vaccines
cannot give you
COVID-19

COVID-19 vaccines
will not cause you to
test positive on
COVID-19 viral tests*

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/vaccine-myths.html>



Defining Vaccine Confidence

- Vaccine confidence is the **trust** that patients, parents, or providers have in:
 - recommended vaccines;
 - providers who administer vaccines; and
 - processes and policies that lead to vaccine development, licensure, manufacturing, and recommendations for use.



Vaccination Is One Measure to Help Stop the Pandemic

- While COVID-19 vaccines appear to be highly effective, additional preventive tools remain important to limit the spread of COVID-19.
- Both getting a vaccine and following CDC recommendations to protect yourself and others offers the best protection from COVID-19.
 - Cover your nose and mouth with a well-fitted mask.
 - Stay at least 6 feet from people who don't live with you.
 - Avoid crowds and poorly ventilated indoor spaces.
 - Wash your hands often.

Protect Yourself, Your Family, Your Friends, Your Co-workers, and Your Community.

Get vaccinated.

- Choose to get vaccinated when it is offered.
- Participate in **v-safe** and help the CDC monitor for any health effects after vaccination.
- Share your experience with coworkers, friends, and family.
- Know the basics about the COVID-19 vaccine. Help answer questions from your family and friends.
- Show you received the vaccine by wearing a sticker or button prominently.

What CDC Is Doing

What CDC Is Doing

Assisting public health agencies

Facilitating partnerships

Assisting impacted communities

Supporting essential workers

Developing culturally tailored
guidance

Building inclusive workforce

Tracking disparity data



www.cdc.gov/coronavirus/2019-ncov/community/health-equity/what-we-can-do.html#what-cdc-is-doing

What We Can Do Together to Promote Health Equity

- Working together:
 - Community- and faith-based organizations
 - Employers
 - Healthcare delivery systems
 - Public health agencies
 - State, tribal, local, and territorial governments



<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/what-we-can-do.html>

Helpful Resources

- Conditions: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html/#chronic-kidney-disease>
- Take Care of Your Kidneys and They Will Take Care of You: <https://www.cdc.gov/kidneydisease/prevention-risk/take-care.html>
- Chronic Kidney Disease Basics: <https://www.cdc.gov/kidneydisease/basics.html>
- Interim Additional Guidance for Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed COVID-19 in Outpatient Hemodialysis Facilities: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/dialysis.html>
- COVID-19: People with Certain Medical KCER 3-day Emergency Kidney Diet: <https://www.karger.com/Article/FullText/513214>
- COVID-19 in ESRD and Acute Kidney Injury: <https://www.karger.com/Article/FullText/513214>

Thank You

For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Source : CDC.



Let Us Hear From You

- Q&As from chat and Q&A panels

Quality Assessment & Performance Meetings (QAPI)

- A new tool to help you prepare for QAPI Meetings
- Learn what to expect and how to prepare:
 - Before the meeting.
 - During the meeting.
 - After the meeting.
- Visit www.esrdncc.org/patients.
 - Select “For New Dialysis Patients.”
 - Select “QAPI Meeting Resource.”

After the Meeting

Follow up with the facility administrator or clinic manager about decisions or plans made during the meeting that will affect what happens on the dialysis floor. Keep sharing your ideas with staff. Tell them if you would like to attend a QAPI meeting again in the future. If you are comfortable, share your experience with other patients.

Discussion Topic During the meeting, write down discussion topics	Follow-up Items Shortly after the meeting	Results By the end of the month of the meeting
Example: Reducing infection rate	Example: I asked staff to provide more information about	Example: Nurse posted Clean Hands poster sink.

Because Your Voice Matters!

Your dialysis facility often invites patients like you to take part in what is called a Quality Assessment & Performance Improvement (QAPI) meeting. You can also ask to take part in a QAPI meeting. This meeting gives you the chance to talk to the dialysis facility leaders about your concerns and other patient issues. Many times, the ideas and decisions that come out of QAPI meetings affect how the dialysis facility is run.

To have a good QAPI meeting experience, use this document to help you before, during, and after the meeting. Write down notes on what you would like to talk about with the healthcare team. This will help you stay on track during the meeting. Remember, your ideas can help make patient care better.



Before the QAPI Meeting

To prepare, think about questions, concerns, or feedback you and/or other patients may have. Ask the manager what topics will be discussed at the meeting. This might include:

Facility improvement	Home dialysis and kidney transplant education
Preventing infections	Emergency preparedness education
Fistula/Catheter education	Reducing patient hospitalizations

During the Meeting

In most cases, you will only be in the meeting for the first 15 minutes. You will be asked to offer suggestions for improving patient engagement and care. The dialysis facility leaders may ask you for your opinion and/or to share your experiences. The questions are meant to help the staff make the dialysis experience better for patients. If you do not understand something, just ask! You may be asked questions like:

- What do you think we are doing well in the dialysis facility?
- What areas do you think we could improve in the dialysis facility?
- What do you think are the most common reasons patients miss or shorten treatments?
- What is the best way for staff to communicate with patients about their treatment?

For more information, visit www.esrdncc.org/patients.

Source: ESRD NCC



Where to Find Credible Information

Where to Find Credible Information About the Coronavirus 2019 (COVID-19)



During this pandemic, it's especially important for everyone to take actions to keep themselves, and others, safe. To do this, let's pause and think through how and where you can find credible, or trustworthy, information—especially as someone with kidney disease.

In stressful times, you may often turn to family and friends for support. Family and friends are great to:

- ✓ Provide or receive emotional support.
- ✓ Connect with by phone call, video chat, or social media.



But your family and friends might not know the most up-to-date information on COVID-19 or the best actions to take right now, especially if you are on dialysis or have a kidney transplant. For this kind of information, you should turn to experts for credible information.

So, where can you find credible COVID-19 information? Start with these sites.

For general updates (e.g., handwashing and disinfection, stay-at-home orders, use of face masks) on COVID-19:

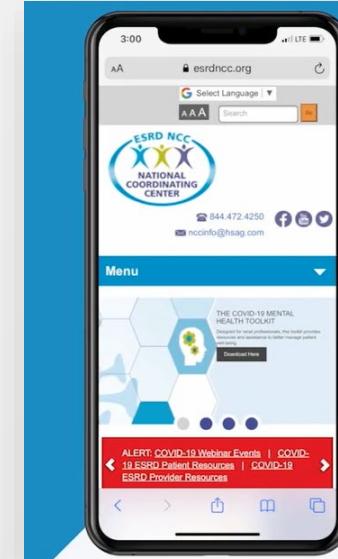
- The U.S. Coronavirus Emergency Response
- Centers for Disease Control and Prevention (CDC)
- Centers for Medicare & Medicaid Services (CMS)
- U.S. Department of Health & Human Services (HHS)
- World Health Organization (WHO)



Most of these credible organizations also have social media accounts, like Twitter or Facebook. On Twitter check out: @CDC, @CMS, @HHS, @WHO, @ESRDNCC, @KCREprogram, @KidneyPatients, @ONKF, and @RSNHope. Most ESRD Networks have social media accounts too!

For chronic kidney disease-related updates on COVID-19:

- On the [ESRD National Coordinating Center \(NCC\)](#) website, you can learn about kidney-related COVID-19 health information and where to locate webinars from health experts and patient advocates.
- Go to the [Kidney Community Emergency Response \(KCRE\)](#) website for the most up-to-date resources on COVID-19 from government, patient, and professional organizations.
- View the [ESRD Networks](#) for a directory of ESRD Network Organizations nationwide to find kidney disease or dialysis help in your area.
- Check out the [American Association of Kidney Patients: Kidney Disease and COVID-19](#) to see webinars, frequently asked questions, and health alerts about kidney disease and COVID-19.
- Look to [Dialysis Patient Citizens: COVID-19 Resources for Dialysis Patients](#) to read about how dialysis centers are working to keep patients safe and prevent COVID-19 from spreading.
- The [National Kidney Foundation COVID-19](#) contains information to help kidney patients manage their health during COVID-19 like ideas for kidney-friendly dieting and coping strategies.
- Turn to the [Renal Support Network COVID-19](#) for tips on how kidney patients can stay physically and emotionally healthy.



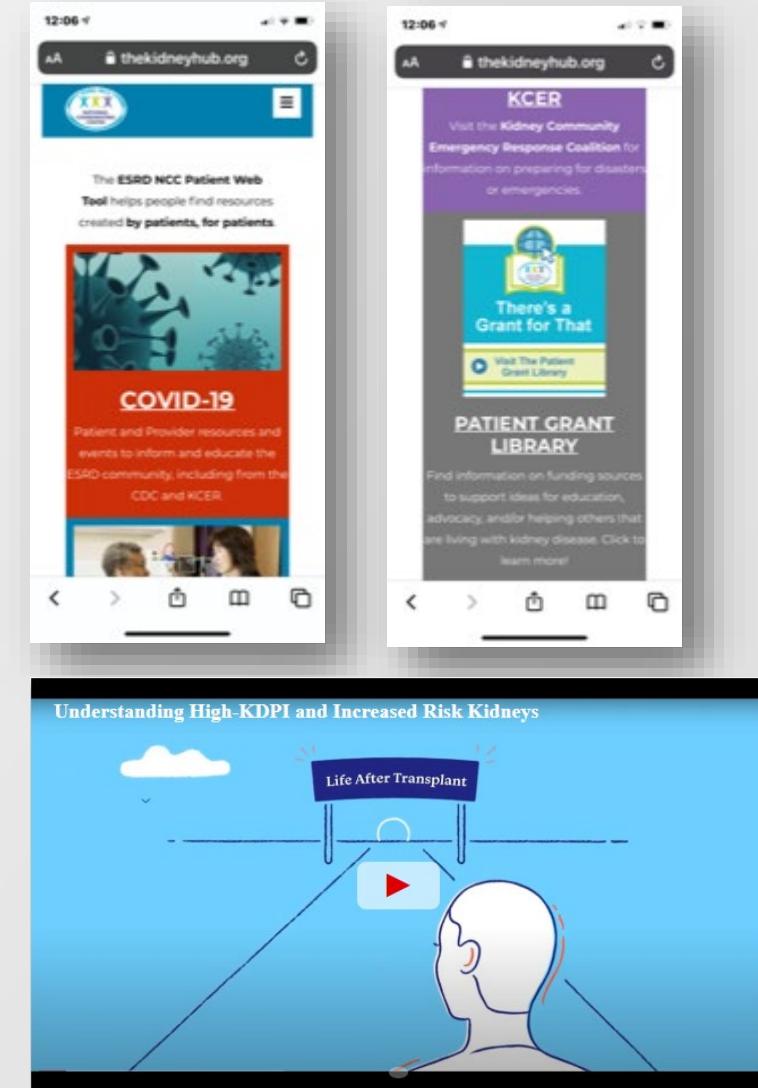
Credible Websites

Tips to identify credible websites on most mobile phone browsers

Visit www.KidneyCOVIDinfocenter.com.
Click on “For Patients.”

Be a Friend, Share www.TheKidneyHub.org

- TheKidneyHub.org is a safe, mobile-friendly web tool created by the ESRD NCC with help from kidney patients and family members.
- Links to important new resources, such as:
 - Quick Start to Submitting an Emergency Grant Request
 - Understanding High Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys video.
 - And more.
- Let us know what you think.
 - Email us at NCCinfo@hsag.com.



Our Next COVID-19 Webinar Events

- Save the dates for our next events.
 - Provider-focused event:
February 24 at 3 p.m. ET
 - Patient-focused event:
March 2—Cancelled

Visit www.kidneyCOVIDinfocenter.com for information and to register.

The screenshot shows the ESRD NCC COVID-19 webpage. At the top, there's a navigation bar with links for Patients, Professionals, Events, Networks, Resources, and Fistula First. Below that is a breadcrumb trail: You are here: Home > COVID-19. The main content area features a large image of COVID-19 viruses with the text "CORONAVIRUS COVID-19". To the right, there's a sidebar with sections for COVID-19 Quickinar Events, For Patients, For Healthcare Providers, and a link to print the events flyer. The footer contains the ESRD NCC logo and social media links.

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.thekidneyhub.org/covid19/



www.kidneyCOVIDinfocenter.com

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