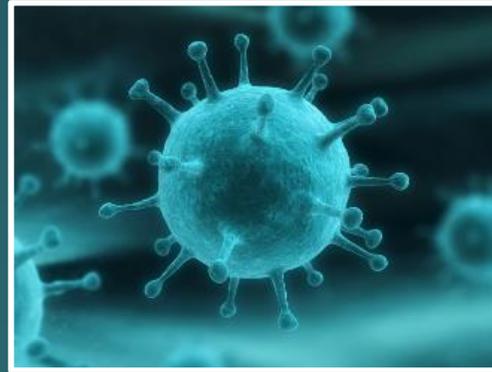


COVID-19

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



April 7, 2021

COVID-19 = Coronavirus Disease 2019



Agenda



- What is this call about?
- Today's speaker:
 - Manisha Jhamb, MD, MPH
 - Associate Professor of Medicine;
Director, Population Health Initiatives, Co-Director Clinical Research, Renal-Electrolyte Division,
Department of Medicine, University of Pittsburgh, Pittsburgh, PA
- Topic: Psychosocial Impact of COVID-19 Pandemic on Hemodialysis Patients
- Questions and answers (Q&As) from chat and Q&A panels

What Is This Call About?



- Hear from stakeholders and peers in the ESRD community who are adapting to COVID-19.
- Share examples and provide real-world strategies for facilities to use.
- Engage in bi-monthly calls on varying topics.

Psychosocial Impact of COVID-19 Pandemic on Patients on Hemodialysis

Manisha Jhamb, MD, MPH

Associate Professor of Medicine;

Director, Population Health Initiatives, Co-Director Clinical Research,

Renal-Electrolyte Division, Department of Medicine

University of Pittsburgh, Pittsburgh, PA

April 7, 2021

Objectives

- Understand the mental and emotional impact of the COVID-19 pandemic on patients on hemodialysis (HD).
- Understand the impact of the COVID-19 pandemic on food and housing security, and adherence with HD.
- Explore patients' accessibility to participate in telemedicine visits from their homes.

Effect of COVID-19 on Patients on Dialysis

Direct effects

- Enhanced risk of severe COVID-19 infection-related complications and poor prognosis
- Higher risk of hospitalization, intensive care unit admission, mechanical ventilation, and death

Indirect effects

- Psychosocial health
- Worsening of pre-existing symptoms such as depression and anxiety

Dialysis Patients are Particularly Vulnerable

High symptom burden—
similar to that of patients
with advanced cancer.

Symptom prevalence in
HD patients :

Depression—20–30%

Anxiety—10–50%

Poor Sleep—40–85%



Source: Shutterstock.com

Sleep, can't sleep, will fall asleep but stay awake 'til like 2 or 3 [am].

I am very emotional. This disease and hemodialysis and then peritoneal dialysis have shaken me to my core. My **anxiety** has increased.

The only thing that makes me feel **depressed** is that I gotta be here. You just sit here and, because you get four hours to think, what I could I be doing? You know, I could be doing so much more and this is my way to live, and if I'm not here, I'll die. And so, it's weird that they call it dialysis, it should be called **livealysis** because it makes you live, you know?"

Source: Cox et al., HD Int., 2018
Avdal et al., J of Inft and Pub Hlth, 2020
Jhamb, unpublished data.

Unique Concerns With Social Distancing for Dialysis Patients

- Need to go to dialysis facility 3 times per week for life-sustaining treatment
- Public transport or shared rides
- Open floor plans and open waiting rooms
- Repeated close contact with multiple dialysis staff (e.g., cannulation, de-cannulation, and vital-status monitoring)

Additional Stressors During COVID-19

- Wearing masks at all times during dialysis.
- Disallowing of consumption of food during treatment.
- Limiting entry of family members in dialysis units.
- Limiting patients in waiting area.

Unanswered Questions?

- What is the impact of COVID-19 on dialysis patients' psychosocial health?
- Does it cause patients to miss in-center HD treatments to limit exposure?
- What is the financial impact of COVID-19 on dialysis? Do patients experience food and housing insecurity?
- Can we use telemedicine to provide mental and emotional support to dialysis patients?

Technology Assisted Collaborative Care (TĀCcare) COVID-19 Ancillary Study

- TĀCcare—Ongoing multi-site, randomized, controlled trial evaluating an intervention to improve pain, fatigue, and depression among patients on chronic HD.
- Recruitment and trial activities were put on hold mid-March 2020 due to COVID-19.

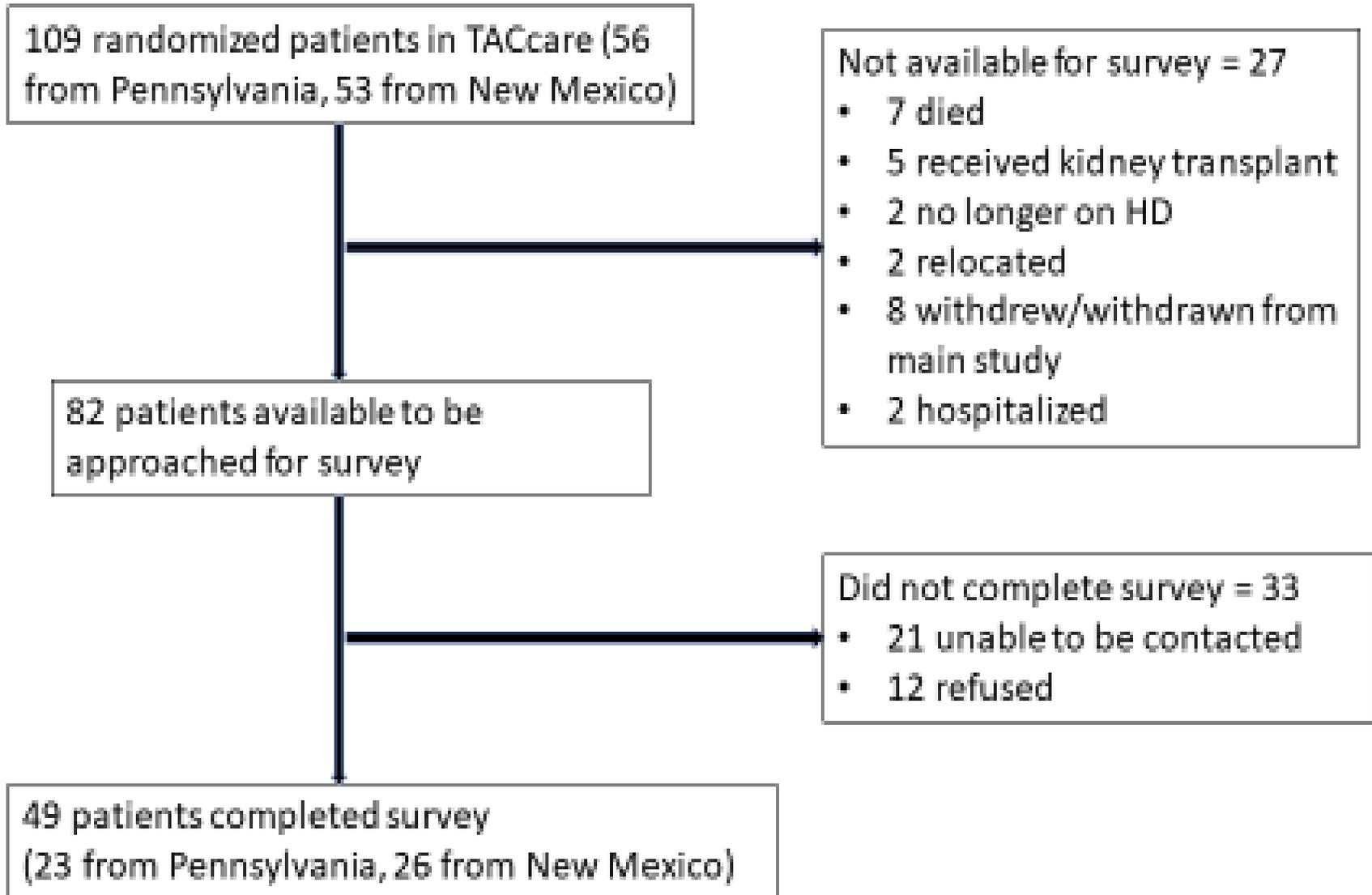


Source: TĀCcare. Available at

<https://kidney360.asnjournals.org/content/1/12/1390>.

Subject Recruitment

- All TĀCcare participants who had been enrolled were contacted by phone in May 2020, while the local restrictions were still in place at both study sites.
 - Provided COVID-related education and support.
 - Provided information on community resources (e.g., local food bank or crisis line contact numbers).
 - Invited to participate in a survey evaluating the impact of COVID-19 on their health.
 - Included CoRonavlrus Health Impact Survey (CRISIS) developed by the National Institute of Mental Health.



Participants

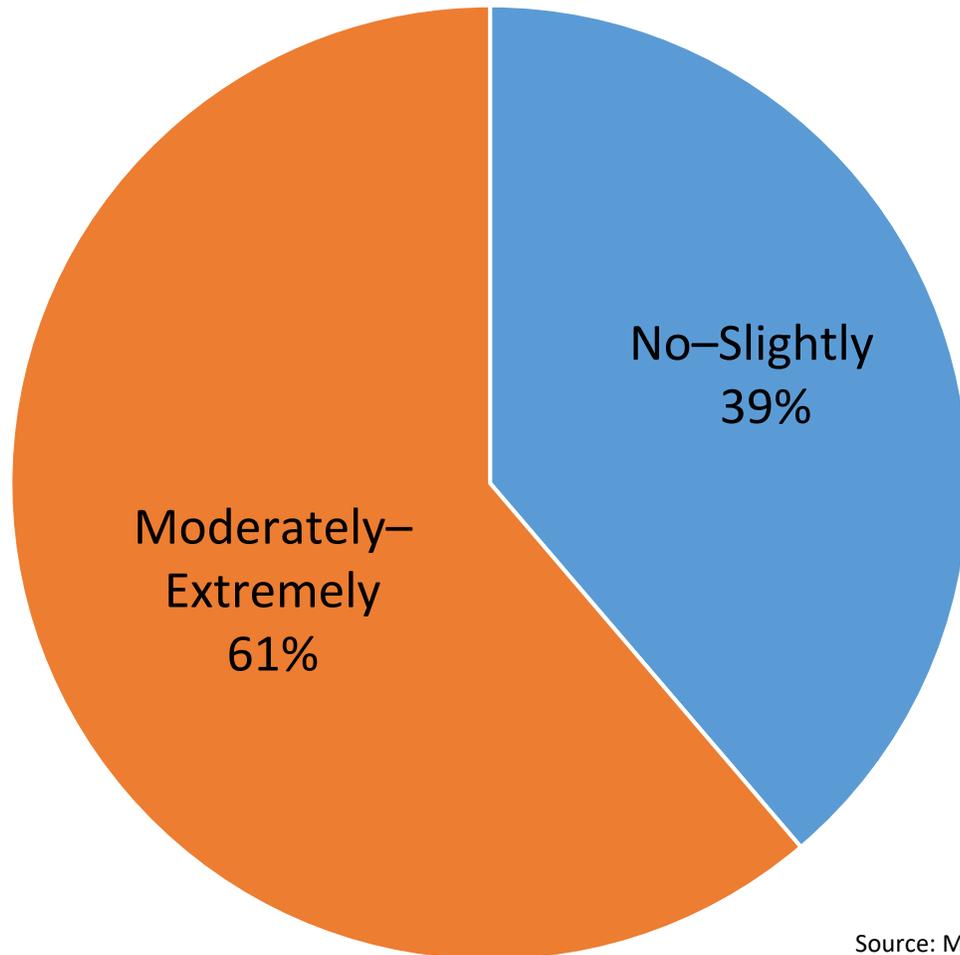
- 53% male, mean age 56 years, median dialysis duration of 3.2 years
- Geographically diverse—23 from Western Pennsylvania (PA), 26 from New Mexico (NM)
- Racially diverse—55% Whites, 18% African American, 20% American Indians
- Ethnically-diverse—22% Hispanic
- 55% had a household income less than \$20,000/year (poverty line).

Unanswered Questions?

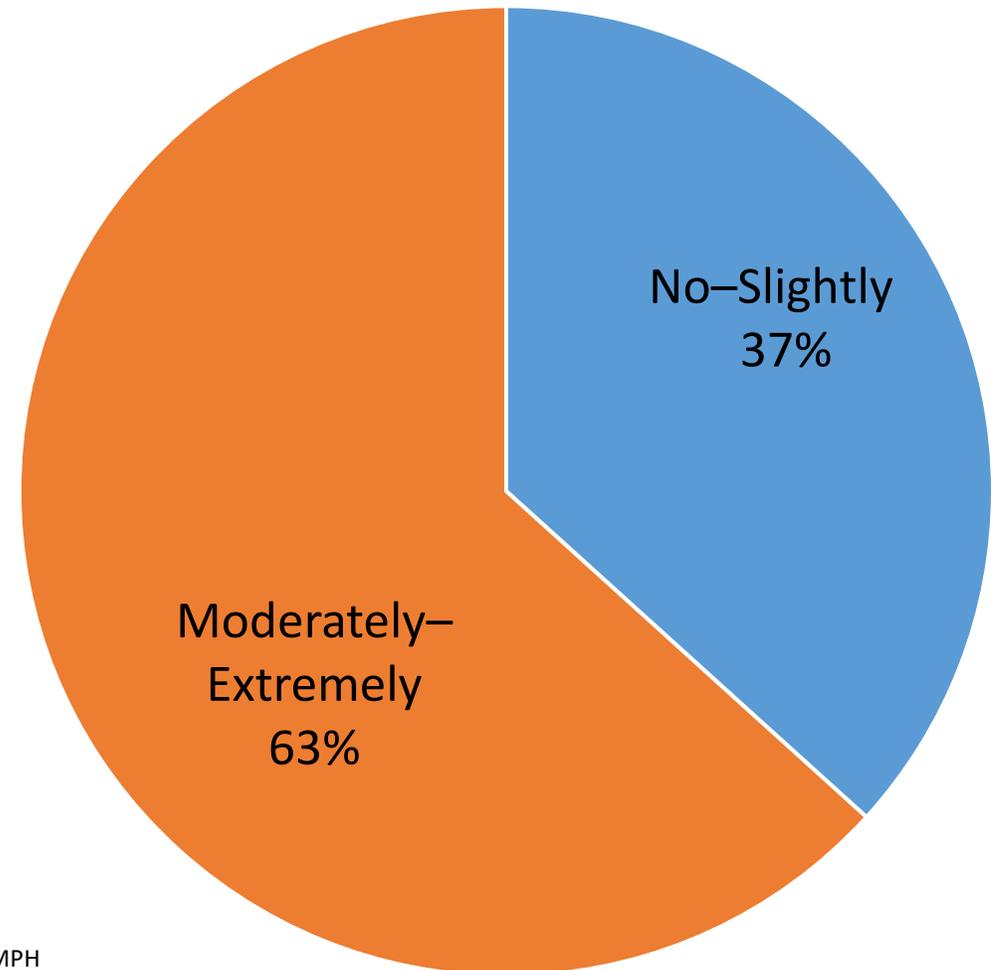
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Worried About Infection

Worried about being infected



Worried about friends or family being infected



Source: Manisha Jhamb, MD, MPH

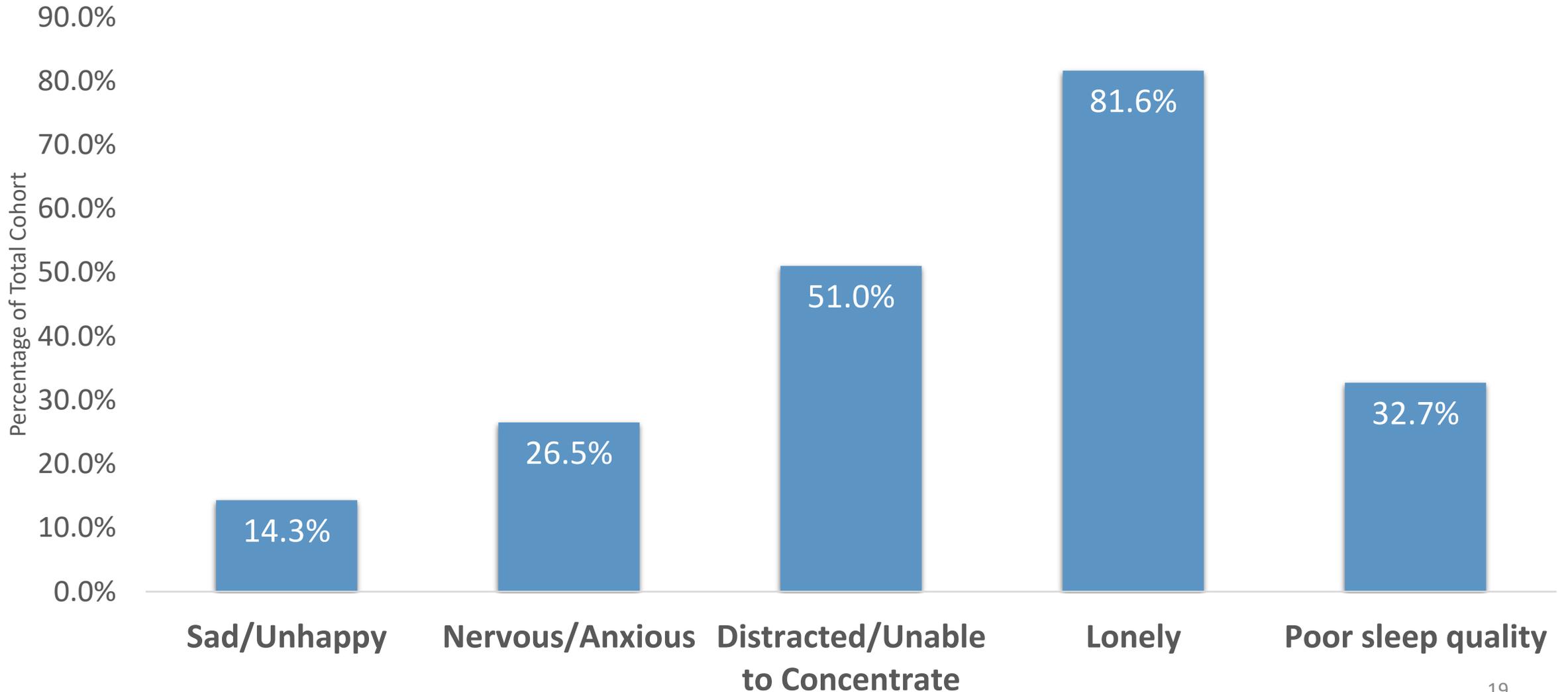
Impact of the Pandemic on Health and Emotional Well-Being

1 in 5 are moderately to extremely worried about their:

- **physical health** being impacted.
- **mental/emotional health** being impacted.
- **inter-personal relationships** being impacted.

- More than 75% reported feeling overwhelmed with stress.

Patient-Reported Symptoms During The COVID-19 Pandemic



Unanswered Questions?

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Effect on HD Adherence

- 85% moderately to extremely worried about leaving the house to go to dialysis.
 - Concerns regarding being close to other dialysis patients, healthcare workers, and people in the dialysis facility or during transportation.
- Only 1 in 6 reported missing any treatments, but none due to the above-mentioned pandemic-related reasons.

Preference for HD

- Despite the restrictions due to the pandemic, 82% of participants reported being not at all/slightly interested in trying HD, if that was an option.
- Potential reasons:
 - Socioeconomic factors
 - Socializing
 - Poverty
 - Housing conditions
 - Disease self-management skills
 - Health literacy

Unanswered Questions?

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Effect of Pandemic on Economic Well-being

- **9 out of 10** moderately–extremely worried about housing insecurity.
- **1 in 3** worried about food security.

Unanswered Questions?

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High Accessibility to Telemedicine From Home

- **98%** of the participants had telemedicine access (71% video visits and 27% phone visits).
- **71%** reported access to an internet device (e.g., smartphone, tablet) and a reliable internet connection at home.
 - PA >> NM

PA = Pennsylvania; NM = New Mexico



Source: Shutterstock.com

Positive Changes From the Pandemic

40% reported experiencing positive changes:

- Spending more time with family
- Getting to know neighbors
- Adopting health behaviors (washing hands, quitting smoking, limiting alcohol, being more careful in general)
- Eating at home more often
- Becoming more religious
- Not taking things for granted

Caveats

- Small sample size
 - Refusal rate was low (20%)
 - Good geographic, racial and ethnic representation
- Surveyed early in the pandemic (May 2020)
 - May have received more support and developed coping skills later in pandemic.
- Did not study long-term effects of the pandemic.
- Did not assess other limitations that participants might encounter for telemedicine visits, such as Internet bandwidth constraints, technology literacy, or cell phone data limitations.

Conclusion

- Patients on HD have experienced a very significant impact from the COVID-19 pandemic on their mental and emotional health.
- Many patients have housing and food insecurity.
- Although patients worry about going to dialysis, this has not impacted their dialysis adherence or preference for home dialysis.
- Many HD patients have access to telemedicine, which may prompt providing mental and emotional support to them.

Thank You

Questions?

Let Us Hear From You



- Q&As from chat and Q&A panels

Flu Vaccination Toolkit



Influenza toolkit for providers featuring:

- Flu facts and taglines
- Social media content
- Flu videos
- Print-ready materials
- On-demand training and educational events

Visit <https://esrdncc.org/flu> today!

A screenshot of the 'Flu Vaccination' toolkit website. The page features a header with the title 'Flu Vaccination' and a main banner that reads 'Get Your Shot: Not Flu' with a sub-message 'The CDC recommends you get a flu shot every year.' Below the banner, there is a section for 'Flu Facts and Taglines', 'Social Media Content', and 'Flu Videos'. A video player is visible at the bottom, showing a woman's face and the text 'Get Your Shot: Not Flu'.

The Kidney Hub



- The Kidney Hub—Mobile-friendly web tool created by patients, for patients.
- Links to new videos and helpful resources added.
- Visit www.TheKidneyHub.org today!



*Home Dialysis:
Choosing
Home Dialysis*



*COVID-19: Your Guide
to Using Telemedicine*



*Transplant: Turning
Negatives Into Positives*



Our Next COVID-19 Webinar Events



Save the date for our upcoming events:

- Provider-focused event: April 21, 2021, 3 p.m. ET
- Patient-focused event: April 13, 2021, 4 p.m. ET

A screenshot of the "COVID-19 Webinar Events" webpage. The page features a purple header with the title "COVID-19 Webinar Events". Below the header, there is a paragraph of text explaining the purpose of the events: "To support ongoing COVID-19 information and education needs in the End Stage Renal Disease (ESRD) Network community, the ESRD National Coordinating Center (NCC) is facilitating a series of COVID-19 educational events. These recurring webinar events will feature professional and patient subject matter experts from around the country sharing how they or their organizations are coping with and combatting COVID-19 in their areas of practice." To the right of this text is a small graphic with the text "COVID-19 Webinar Events" and a "Click for More Information" button. Below the main text, there is a section titled "Upcoming Provider Event" with the date and time: "Wednesday, October 28, 2020 3:00 PM to 4:00 PM ET".

Visit [kidneyCOVIDinfocenter.com](https://www.kidneyCOVIDinfocenter.com) to register.
Keep an eye out for registration to these events soon.

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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