

COVID-19

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



COVID-19 = Coronavirus Disease 2019

November 24, 2020



Agenda



- What is this call about?
- Today's speaker:
 - Elizabeth Christofferson, PhD
 - Clinical Director, Solid Organ Transplant Psychology and Kidney Center Psychology
 - Licensed Clinical Psychologist
 - Children's Hospital Colorado, Transplant Surgery and Kidney Center
 - Assistant Professor, University of Colorado Anschutz Medical Campus
- Topic: Navigating the Holidays During COVID-19: Tips for Professionals on How to Celebrate Safely and Decrease Stress
- 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.

Elizabeth Christofferson, PhD



Clinical Director, Solid Organ Transplant Psychology and Kidney Center Psychology
Children's Hospital Colorado, Transplant Surgery and Kidney Center
Assistant Professor, University of Colorado Anschutz Medical Campus

Navigating the Holidays During COVID-19:

Tips for Professionals on How to Celebrate Safely and Decrease Stress



Stress in a Pandemic



- COVID-19 adds to everyday stress that impacts providers and patients and families on many levels:
 - Physical/medical needs & safety
 - Emotional/mental health
 - Family
 - School
 - Social

COVID-19 and 2020 Fatigue

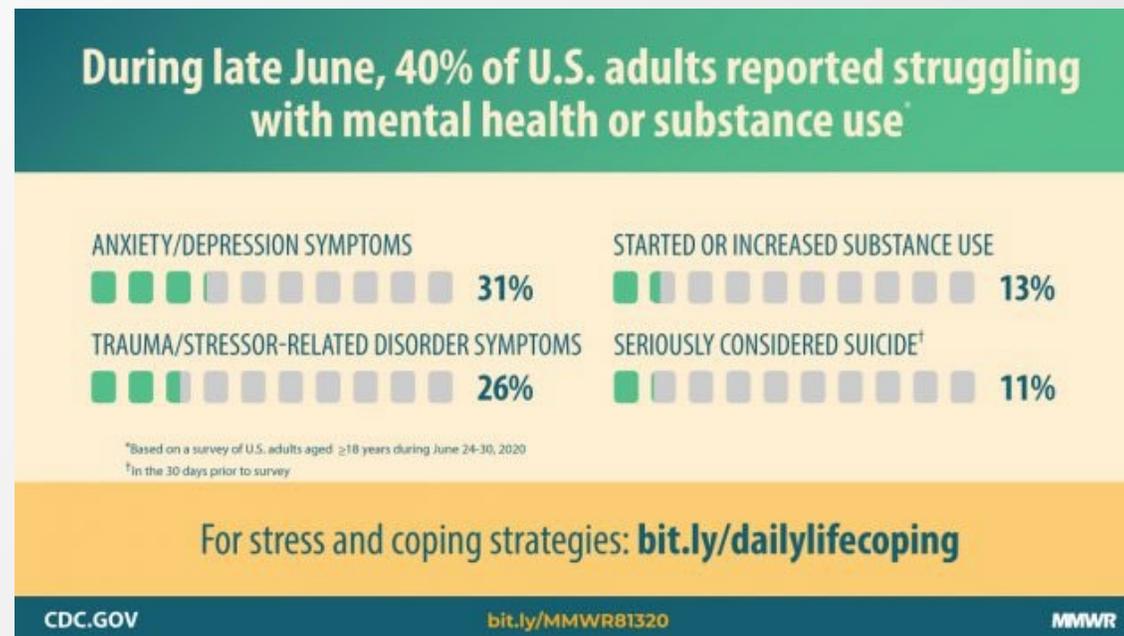


- COVID-19 pandemic fatigue
- Provider burnout
- Election stress
- Loneliness, isolation, lack of connection, and/or travel
- Collective trauma and grief
- And now, holidays on top of all this, adding to stress

A Mental Health Pandemic



- A Centers for Disease Control and Prevention (CDC) study found:
 - Elevated adverse mental health conditions
 - Experienced disproportionately worse mental health outcomes, including increased substance use and elevated suicidal ideation: younger adults, racial/ethnic minorities, **essential workers**, and unpaid adult caregivers



Czeisler et al., 2020.

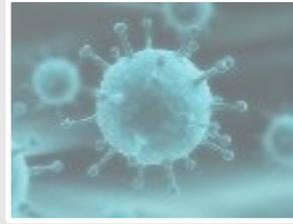
CDC. Morbidity and Mortality Weekly Report (MMWR). June 24–30, 2020. Available at bit.ly/MMWR81320.

Burnout and PTSD Among Healthcare Professionals



- Physical and psychological strain on healthcare professionals
- Unprecedented levels of hospitalizations
- Concern for transmission of virus to self, colleagues, and our families
- Grief, trauma associated with death and severe illness in patients with COVID-19
- Over 50–60% of physicians and nurses experiencing burnout
 - Higher rates in women, providers with fewer years of experience, less sleep
 - Morgantini et al., 2020; Matsuo et al., 2020, JAMA
- Women, nurses, frontline healthcare workers at risk for unfavorable mental health outcomes (Lai et al., JAMA 2020)
 - Depression, anxiety, insomnia, distress

Know Your Own Risk Level and Overall Guidelines for Patients and Professionals



- People of any age with the following conditions, as well as those over age 65, are at higher risk for severe illness from COVID-19 (CDC, 2020):
 - Cancer
 - Chronic kidney disease
 - Chronic obstructive pulmonary disease (COPD)
 - Immunocompromised state from solid organ transplant
 - Obesity (BMI of 30 or higher)
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus
 - Smoking
 - Pregnancy
- There are also conditions that might be higher risk (see CDC).

BMI = body mass index

Basic COVID-19 Precautions



- Stay home if sick.
- Cover a cough or sneeze with a tissue (then throw it in the trash).
- Wash hands with soap and water for at least 20 seconds or rub hands all over with gel that has at least 60% alcohol until dry:
 - Before we prepare and eat food or touch our faces.
 - After we use a restroom, leave a public place, cough or sneeze, touch our mask, change a diaper, care for a sick person, or touch an animal.
- Stay 6 or more feet from others not from our households (indoors and outdoors), especially if they are sick.
- Wear a face covering/mask in public.
- Clean dirty surfaces with detergent, use household disinfectant daily on high touch surfaces (tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks).
- Monitor symptoms and temperature daily.
- Wear eye protection in public.
 - A recent systematic review and meta-analysis of 172 studies found that in addition to physical distancing, face coverings, hand hygiene, and eye protection (visor, face shield, or goggles) can reduce COVID-19 risk.

Chronic Kidney Disease and COVID-19— Guidelines for Patients



- Continue your medicines and your diet as directed by your healthcare provider.
- Make sure that you have at least a 30-day supply of your medicines.
- Stay in contact with your healthcare team as often as possible, especially if you have any new signs or symptoms of illness. Also reach out to them if you cannot get the medicines or foods you need.
- Have shelf-stable food choices to help you follow your kidney diet.
- 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.
 - Follow the [KCER 3-Day Emergency Diet Plan](#) in case you are unable to maintain your normal treatment schedule.

KCER = Kidney Community Emergency Response

Current Concerns Related to Holiday Planning



- COVID-19 infection rates continue to climb during this “3rd peak.”
 - Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Disease, urged Americans to make safer choices in planning holiday gatherings.
- Colder temperatures and winter weather force many of us indoors, contributing to the spread of COVID-19.
- Know that people at increased risk should:
 - Avoid in-person gatherings with people outside of their household.
 - Avoid larger gatherings and consider attending lower-risk activities if they do decide to attend an in-person gathering.

Weighing Risks



- Weighing your own health and public health risks
 - Follow any state/local government orders and guidelines.
- Mental health benefits and risks
- Consider what you feel comfortable with and what is most important to you, in the context of these risks.
- Consult your healthcare team.

Holiday Planning: Risk Assessment and Decision-Making Tools



- Step 1: Assess current COVID-19 levels in your community and/or the community you are considering traveling to or attendees are coming from.
 - Look at the area's health department website.
- Step 2: Assess the location of the gathering and length of time of the gathering.
 - Indoor → higher risk than outdoor
 - Poor ventilation → higher risk than good ventilation (open windows/doors)
 - Longer duration event → higher risk than shorter (increase change of transmission)
- Step 3: Assess the # of people at the gathering.
 - More people → higher risk
 - Determine the # of people based on how well you can physically distance, the risk of spread, the health risk status of attendees, and any local/state regulations on size of gatherings.

Holiday Planning: Risk Assessment and Decision-Making Tools



- Step 4: Assess location attendees are traveling from.
 - Attending from different places → higher risk than same area, especially if higher cases in certain areas
 - Type of travel
- Step 5: Assess attendee behavior prior to the gathering.
 - People who are not following basic precautions (mask wearing, hand washing, social distancing) → higher risk than those who follow precautions
- Step 6: Assess behaviors of attendees during the gathering.
 - Preventative measures during the gathering (mask wearing, social distancing, hand washing) → lower risk than not
- Step 7: Think about behavior after the celebration.
 - Quarantine/testing after celebration; any state or local orders about returning from certain states; hospital rules regarding travel
 - Ability to quarantine and/or get tested after the celebration → lower risk to your patients and colleagues if you must return to work soon

Travel



- Flying:
 - Avoid public transportation to the airport, stay away from crowded areas in the airport, disinfect your seating area, keep your mask on, and sanitize frequently.
- Driving:
 - Pack sanitizer for any surfaces you encounter at stops, wear a mask in public places, pack food/drinks if possible, and make sure your car is running well.
- Staying at hotels/vacation rentals:
 - Call and ask about their safety protocols, such as cleaning practices, wipe down high-touch surfaces, and keep windows open initially.
- Staying with family/friends:
 - Consider getting tested before you go/upon arrival, only stay with those who are following precautions.

During a Celebration or Travel



- Maintain social distancing.
- Wear a mask.
- Limit contact with commonly-touched surfaces.
- Wash hands often; use hand sanitizer.
- Encourage people to bring their own food and drinks.
- Do not serve potluck or buffet-style food.
- Avoid people who are sick.
- Avoid touching eyes, nose, and mouth.

Examples of Lower-Risk Activities



- A small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19 and delivering them in a way that does not involve contact with others
- A virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Examples of Moderate-Risk Activities



- A small, outdoor dinner with family and friends who live in your community
 - Lower your risk by following CDC recommendations on [hosting gatherings or cook-outs](#).
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending small, outdoor sports events with safety precautions in place

Examples of Higher-Risk Activities



- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household
- Traveling (risks vary based on type)

Decision-Making Tips and Tools



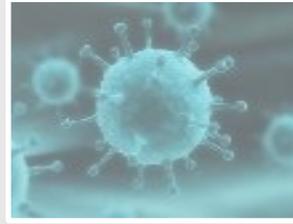
- Write a pro and con list.
 - Some factors may “count” more on this list.
- Pretend you have decided and sleep on it.
 - Notice how you feel.
- Gather information and advice from your healthcare team, trusted family/friends, people involved in any holiday celebrations.
- Know you are allowed to change your mind at any point.

Upon Deciding on Your Plan



- After making a decision on your plans, anxiety can linger.
- Write a list; write down your plan.
 - Writing and planning can reduce anxiety.
- Talk the plan through with loved ones involved.
- Respect others' opinions and base decisions on with what you are comfortable.
- Have a script for how to inform others of your decision.
 - "I have decided that this is the best decision to keep me and others safe."
 - "I would like to see you, but I do not feel safe at this time traveling."
 - "This does not feel like a good time to celebrate as a group. I would hate if anyone got sick."
 - "I hope we can celebrate together next year when this is all over."
 - "I would love to be part of the dinner still. Would I be able to Facetime with you?"

Tips for Discussing and Informing Family/Friends



- Respect others' opinions and base decisions on with what you are comfortable.
- Be transparent.
- Shift the conversation.
- Do not engage in arguments about it.
- Have a script for how to inform others of your decision.
 - "I have decided that this is the best decision to keep me and others safe."
 - "I would like to see you, but I do not feel safe at this time traveling."
 - "This does not feel like a good time to celebrate as a group. I would hate if anyone got sick."
 - "I hope we can celebrate together next year when this is all over."
 - "I would love to be part of the dinner still. Would I be able to Facetime with you?"
 - "While we may have to be physically distant now, that doesn't mean we have to be emotionally distant."

Creative Holiday Planning



- Think of new activities to enjoy as a family or with those you live with, start a new tradition, or modify an older one.
 - Host a virtual dinner or virtually open presents together.
 - Revamp the meal: Have each family member cook a different new dish for your family or one of your classic holiday dishes.
 - Start new traditions: Substitute new activities for those that are less possible (watch a new movie, go on a winter walk with hot cocoa or apple cider in a new location, play board games).
 - Enjoy the smaller gathering → less prep, less mess, less cleaning!
 - Look at family pictures or videos of past holidays together and reminisce!

After a Celebration



- Anticipate and acknowledge emotions:
 - Anxiety may arise if you did engage in any in-person gathering of varying risk levels.
 - Disappointment may arise regarding missing aspects of our typical holidays.
- Be grateful for how we were able to still celebrate even in small ways.
- Be mindful. Notice what you missed and what you enjoyed more about the holidays in this new way.
 - Example: Missed seeing all your family/friends together, but felt less stressed.

Overall Coping Tips for COVID-19 and the Holidays



- Limit media/news/screen time.
- Value the importance of sleep and daytime routine.
- Exercise.
 - Free Apps: Asana Revel (yoga-inspired), Nike Training Club, FitOn

Overall Coping Tips for COVID-19 and the Holidays



- Mindfulness/relaxation: many apps and online resources to guide
 - Insight Timer
 - Breathe 2 Relax
 - Stop, Breathe & Think
 - Healthy Minds Program
 - Headspace
 - Calm
 - YouTube
- Hobbies, activities you enjoy
- Social support

Overall Coping Tips for COVID-19 and the Holidays



- Positive psychology
- Gratitude
 - Three Good Things app
 - Random acts of kindness
- Values clarification
- Resilience

FACE COVID: Coping With COVID-19 Anxiety



- Focus on what is in your control.
- Acknowledge your thoughts and feelings.
- Come back into your body.
- Engage in what you are doing.

- Committed action
- Opening up
- Values
- Identify resources.
- Disinfect and distance.

Resources for Healthcare Providers



- Therapy through your insurance or Employee Assistance Program
 - Psychology Today
 - American Psychological Association
- Local Trauma Response Teams
- Hospital resources may be available for “psychological first aid”:
 - Peer counselors through your hospital
 - Support groups available at many hospitals currently
 - Meetings with hospital leadership, information sharing

Resources for Healthcare Providers



- [COVID-19 Resources for Healthcare Staff](#)
 - Healthcare Toolbox
- [Self-care advice for health-care providers during COVID-19](#)
 - American Psychological Association
- [National Alliance on Mental Illness](#)
 - [Project Parachute](#) provides pro-bono therapy for frontline healthcare professionals, including individual and group support.
 - [The Emotional PPE Project](#) connects healthcare professionals with licensed mental health professionals who can help. This service is free and does not require insurance.
 - [COVID Mental Health Support](#) from the Pandemic Crisis Services Response Coalition offers free mental health support, searchable by area.
 - [The Battle Within](#) provides free therapy to medical personnel, first responders and veterans. Private therapists are available to work with individuals in crisis, or who are experiencing grief, anxiety, stress or trauma.
 - [911 At Ease International](#) provides access to free trauma-informed counseling for frontline responders and families, including police, fire, paramedics, emergency medical personnel and other essential agencies.

Let Us Hear From You

- Q&As from chat and Q&A panels



Inspirational Posters

- Evidence-inspired 12” x18” posters
- PDF format for on-demand printing
- Focus on psychological/physical health, emergency preparedness, and COVID-19.



To view, visit <https://esrdncc.org/professionals/inspirational-posters/>.

The Kidney Hub



- The Kidney Hub—Mobile-friendly web tool created with 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



- Patient-focused event: December 1, 2020, 4 p.m. ET
- Provider-focused event: December 9, 2020, 3 p.m. ET

COVID-19 Webinar 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.

You can register for Provider or Patient events below. Previous event recordings will be available in the accordions at the bottom of this page.

Share the ESRD NCC COVID-19 events by embedding the badge on the right on your websites, social networks, profiles, and blogs. Click on the badge for more information.



COVID-19
Webinar Events
Click for More Information
www.esrdncc.org

Upcoming Provider Event

Wednesday, October 28, 2020
3:00 PM to 4:00 PM ET

Visit kidneyCOVIDinfocenter.com to register, or scan the QR code with your smartphone camera.

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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