

# COVID-19

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

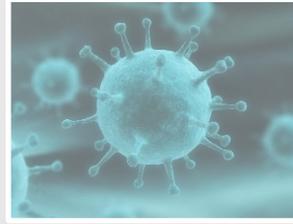


July 15, 2020

COVID-19 = Coronavirus Disease 2019

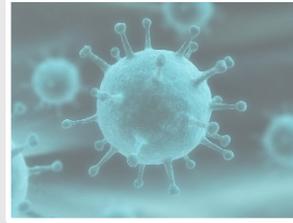


# Agenda



- What is this call about?
- Today's speakers:
  - Lee Parrott, LCSW  
Lead Social Worker, Fresenius Medical Care Mississippi and North East Louisiana
  - Allison Vinson, LCSW  
Lead Social Worker, Fresenius Medical Care South Alabama and Florida Panhandle
  - Topic: Caring for the Mind, Body, and Spirit During the COVID-19 Pandemic
- 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 weekly calls on varying topics.

*Quickinar:  
Caring for the Mind, Body,  
and Spirit During the  
COVID-19 Pandemic*

Presented by:

Lee Parrott, LCSW, Lead Social Worker, Fresenius Medical Care  
Mississippi and North East Louisiana

Allison Vinson, LCSW, Lead Social Worker, Fresenius Medical Care  
South Alabama and Florida Panhandle

# Objectives

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- Discuss best practices for reducing stress.
- Learn tips for physical and emotional self-care.
- Implement small activities that can be done each day for mental well-being.



# How Can You Take Care of Yourself When You Are Running on Empty?



# Helping Our Mind, Body, and Spirit Through Chair Yoga!

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1. Forward bend: Breathe in and breathe out as you bend forward. Let your head and arms hang over your knees. Relax into the position and hold.
2. Spinal twist: Sit facing forward, place your left hand on the outside of your right knee. Place your right arm over the back of the chair. Breathe in and breathe out as you twist to the right. Turn your head. Push against your right knee. Release slowly and repeat on the other side.
3. Knee squeeze: Breathe out and breathe in and put both hands around the front of your knee. Pull your left knee to your chest while holding the in breath. Lower your head to your knee and hold for a few seconds. Release slowly while breathing out. Repeat on your right side.

# Taking Care of Your Mind



## Simple tips

1. **Start a compliments file.** Document the great things people say about you to read later.
2. **Goof around for a bit.** Have 5 minutes of play (non-directed activity) several times throughout your day.
3. **Fix a small annoyance at home that has been nagging you**—a button lost, a drawer that is stuck, or a light bulb that has gone bad.
4. **Punctuate your day with a mini-meditation** with 1 minute of awareness of your thoughts, feelings, and sensations; 1 minute of focused attention on breathing; and 1 minute of awareness of the body as a whole.
5. **Be selfish.** Do 1 thing today just because it makes you happy.
6. **Do a mini-declutter.** Recycle 3 things from your wardrobe that you do not love or regularly wear.
7. **Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant *bings* of social media and email.
8. **Edit your social media feeds and take out any negative people.** You can just “mute” them; you do not have to delete them.

# Taking Care of Your Body



## Simple tips

1. **Give your body ten minutes of mindful attention.** Use the **body scan technique** to check in with each part of your body.
2. **Oxygenate by taking three deep breaths. Breathe into your abdomen,** and let the air puff out your stomach and chest.
3. **Get down and boogie.** Put on your favorite upbeat record and shake your booty.
4. **Stretch out the kinks.** If you are at work, you can always head to the bathroom to avoid strange looks.
5. **Make one small change to your diet for the week.** Drink an extra glass of water each day or have an extra portion of veggies at each meal.
6. **Be still.** Sit somewhere green and be quiet for a few minutes.
7. **Get fifteen minutes of sun.**
8. **Have a good laugh.** Read a couple of comic strips that you enjoy or enjoy a good comedy on TV.
9. **Take a quick nap.** 10 to 20 minutes can reduce your sleep debt and leave you ready for action.

1. **Imagine you are your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
2. **Use your commute for a “Beauty Scavenger Hunt.”** Find 5 unexpected beautiful things on your way to work.
3. **Check in with your emotions.** Sit quietly and just name without judgment what you are feeling.
4. **Write out your thoughts.** Go for 15 minutes on anything bothering you. Then let it go as you tear it up.
5. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading or a hobby).
6. **Exercise a signature strength.** Think about what you are good at and find an opportunity for it today.
7. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
8. **Ask for help**—big or small, but reach out.

# Taking Care of Your Soul

## Simple Tips



# Do Not Forget to Grieve!

Ride The Grief Wave: Experience Your Emotions as the Waves Come and Go!



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Cry

Get rest

Talk to a friend

Write

Exercise

Ask for help

Meditate

Breathe

Laugh



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

<https://www.actionforhappiness.org/coping-calendar>



**End each day by giving thanks for your blessings.**

Even in the toughest of times, there is something for which you can be thankful.

What can you give thanks for today?

Did support come from an unexpected place?

Did someone say exactly what you needed to hear?

**Gratitude heals at a very deep level.**

**Namaste**

**Thank you!**

# Let Us Hear From You

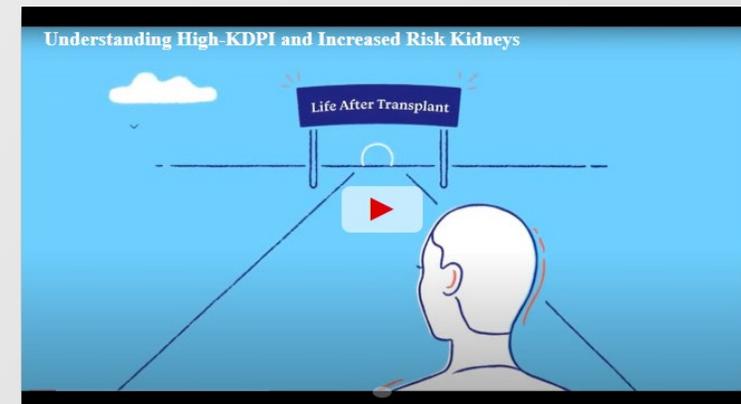
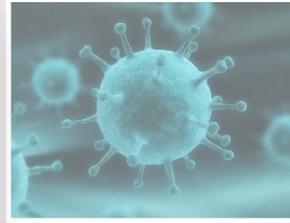
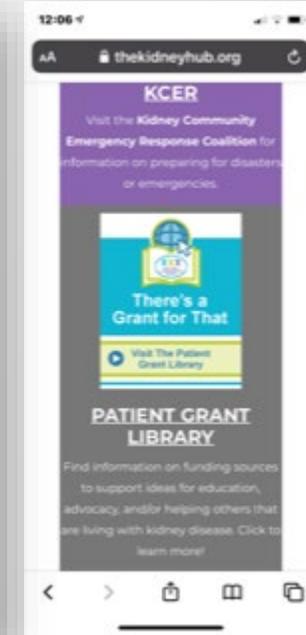
Q&As from chat and Q&A panels



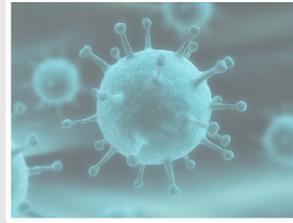
# TheKidneyHub.org

## Introducing TheKidneyHub.org.

- Secure, mobile-friendly web tool for patients and professionals.
- Developed by the ESRD NCC with assistance from patient subject matter experts (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-Kidney Donor Profile Index (KDPI) and Increased Risk Kidneys** video, and more.
- Visit today and bookmark to your device's home screen.



# Our Next COVID-19 Quickinar Events



- Save the dates for our next events.
  - Patient-focused event:  
July 21, 2020, at 5 p.m. ET
  - Provider-focused event:  
July 22, 2020, at 5 p.m. ET
- Visit [www.kidneyCOVIDinfocenter.com](http://www.kidneyCOVIDinfocenter.com) for information and to register.



# Thank You!

[NCCinfo@hsag.com](mailto:NCCinfo@hsag.com)

844.472.4250

813.865.3545

[www.esrdncc.org](http://www.esrdncc.org)

Additional COVID-19 resources for patients and providers:



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



[www.kidneyCOVIDinfocenter.com](http://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-07072020-01

